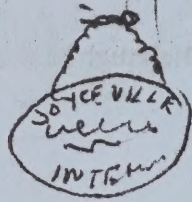


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I SAID, "I  
AIN'T SMILIN'!!"



ADVANCE

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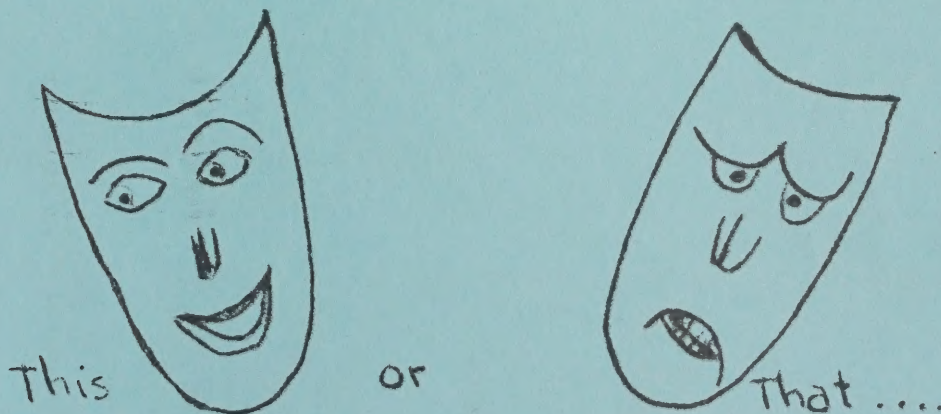
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The Ins and Outs or The Ups and Downs

Byline Paul Frank

What's this all about you may ask when you finish reading it. Well, the key is nothing, mostly due to that's what's happening in our reform system, and society at large. There has been all kinds of talk and very little action, especially in the area of the long timer. Society tends to discard us, thinking that we will never be back out, and the system ignores us for at least five to ten years, yet they expect us to return as better persons. Well, one day we will be back into society, and regardless of how much we are ignored in here, a majority try as hard as they can to better themselves, hoping beyond hope that some humanitarian will come along, someone who is wise enough to know the system, and offer us a helping hand. But alas, there is nothing or no encouragement offered, so our main fight is to try and keep sane. We lack the organization in the system to have any effective effort put forth. We sure don't lack the interest on our parts to get something going, but unfortunately, we are the keepies not the keepers. Very little ever gets done anymore in this system, especially in the area of long time, and i am doing life and have a hard time accepting the thoughtlessness in the system, and it's beyond my mind to be able to fathom my brothers doing the big "25," with no hope or even acknowledgement of their existence in this world. So society get off your butts and help now to get some programming available, or at least show or voice your concern to the ones you elected, since you are the ones we will be living with and around. You are the ones that can get changes made. You are the ones who will decide what kind of people we are when we finish our tens or fifteens, or life sentences. But most of all it will be your over-all involvement that will help us to remain and become better people and more productive human beings. We are in an isolated society here, therefore we have to fight all kinds of frustrations, loneliness, bitterness, but most of all we fight to survive and to stay aware of ourselves as people, not as the numbers or animals that some would like us to believe we are and become. Society is paying heavily for us to remain here, so it should be your right to have some say in how your money is being spent. It is like anything else when you invest. You should get a better return for your money, at least a good enough product so that you don't have to worry about repairs.

See you around, people, if i am able to get through this maze that you call a system.....



24th of May  
Weekend TOURNAMENT WINNERS

---

The following is a list of the weekend tournament winners

Handball: Singles: 1st: Pineault

2nd: Wolf

Doubles: Pettit & Frank

Jones & Pineault

Golf: Singles: Benning 1st:

Dowell 2nd:

Doubles: Burnett & Frank

Thorn & Moulton

Paddleball: Singles: Nesbitt 1st

Martin 2nd:

Doubles: Olhiser & Nesbitt

Walker & Hogan

Tennis: Singles: B. Nesbitt 1st.

A. Boyce 2nd.

Doubles: Not completed at this time but the

finalist are, BOYCE & LARABIE

NEBBITT & FAZARI

Paul Frank

NEWSPAPER STORIES  
GOVERNMENT AND POLITICSConsulting Society On Prison Reform by Jim Robb (Ottawa Journal, March 18/78)

There was nothing new about the criticisms:

- \* There is no commonly held philosophy of criminal justice in Canada.
- \* The criminal justice system is a "band-aid" approach that fails to rehabilitate offenders and alienates the public.
- \* A high proportion of the 9,000 inmates in federal correctional institutions will commit other offences following their release.
- \* The system fails because it is badly fragmented.
- \* Our courts deliberate at length on the guilt or innocence of an individual and spend virtually no time at all on the most appropriate sentence for those found guilty.
- \* Most lawyers see their responsibility ending with a verdict of guilty or innocent.

The man who levelled these charges is going to have to live with his words. So, two cheers for Solicitor-General Jean Jacques Blais. The minister has blotted his copy book over the handling of the Tom Cossitt case, and his stonewalling of Opposition questions on national security has been less than politically astute. On this issue he deserves some credit.

A sad and sorry record

Canada puts more its citizens in the slammer, proportionately, than any other western union. It is a sad and sorry record. And other solicitors-general have come a cropper when they have attempted to reform the criminal justice system. This time, perhaps, something will get done.

The system by which we punish crime has been studied and restudied. The Law Reform Commission continues to put forward valuable suggestions. Many recommendations came from the parliamentary committee that toured federal penitentiaries just months ago. A native commission has talked to Indian and Metis prisoners.

In a speech Wednesday, which was not widely reported, the solicitor-general spoke candidly about the criminal justice system at a criminology conference. And, he suggested the main directions which reform of the system is going to take.

First, thank God, the Canadian community is apparently going to be consulted on what it expects from the system. Heretofore this area has been the almost exclusive preserve of the professionals. And they have made a botch of it.

The fight within the correctional institutions between those who believe their role is custodial and those who feel offenders can and must be rehabilitated has never been resolved. And the inmates sometimes are the worse for it.

If Canadians have been content to let so many men and women go behind bars, it is partly the result of a feeling of alienation. The criminal justice system has never been viewed as part of the community but as something apart, disreputable and better ignored.

If the solicitor-general is serious about consulting society, he may be the herald of a somewhat different approach to governing than we have

become accustomed to.

Too many decisions have been made in recent years entirely within the bureaucratic-political enclave, even while the politicians have been preaching citizen participation in decision making.

Everybody, except the experts, is fed up with government by the experts. Blais may be taking a small first step to end that.

Second, the solicitor-general seems determined to sort out the rights and responsibilities of offenders.

Most of the public debate in recent months has focussed on the rights of offenders, particularly the aggressive assertion of rights by inmates in correctional institutions. But they have responsibilities too, to themselves and to society. Sorting out what they are or what they should be is bound to provoke some interesting and enlightening dialogue.

The Ottawa Citizen, Tuesday May 2, 1978

ALTERNATIVES TO JAIL PLAN IN CRIME BILL (SOUTHAM NEWS SERVICES)

Proposed changes to the Criminal Code introduced in the Commons by Justice Minister Ron Basford on Monday include alternatives to jail sentences.

The proposal elaborates on options already available to, but largely ignored by, judges.

Following recommendations from the Law Reform Commission of Canada, the government wants judges to be able to order convicted persons to pay their debt to society with community work under supervision.

There also would be the possibility of reimbursing the victim of a crime under this concept.

Basford noted that perhaps 50 per cent of the inmates in provincial institutions **are** there because they can't afford to pay their fines. Unfortunately, his "fine option" concept would apply only in British Columbia and Saskatchewan, where cabinets approved it.

Other highlights in the omnibus bill:

\* To speed up the court system, the government would allow persons accused of lesser or summary conviction offences to go free if their case doesn't go to trial within six months of their first court appearance.

\* A parent who violates a child custody order by seizing a child and removing him from a court's jurisdiction could face a new "childnapping" charge.

\* For the first time, it would be possible for a spouse to testify against his or her mate in cases of child abuse involving a child under 14 years of age.

\* Solicitor-client privilege would be protected by amendments requiring documents seized in a lawyer's office under a search warrant to be handed over to the court in a sealed condition before the judge considers whether police may examine them.

\* Drug addicts will be allowed to obtain treatment where available at

medical facilities in Montreal, Toronto and on the West Coast, before or after trial and as an alternative to prison.

\* The penalty for hostage-taking would be doubled to 10 years from five, although the possibility of life sentences remains under other kidnapping sections of the code.

\* The maximum penalty for municipal corruption would be raised to five years from two.

\* Police would be allowed to use civilians to record conversations with criminal suspects.

Ottawa Citizen, May 2, 1978

#### ONTARIO MAY GET PUBLIC DEFENDER

Toronto (CP)—Attorney-General Roy McMurtry says the Ontario government is considering a public defender plan for criminal cases because not enough experienced lawyers will take cases at relatively modest fees paid by the legal aid system.

McMurtry told reporters Monday that lawyers and judges have told him many cases are handled by inexperienced lawyers.

Under the public defender system in the United States and in Montreal, publicly-paid defence lawyers are available for criminal cases.

McMurtry said the plan would be administered independently of the government.

"So the argument that lawyers use that they would be government lawyers, is, quite frankly, a smokescreen," he said. "That's why the plan would have to be completely independent of the government."

McMurtry said that if the plan is approved by the government, it likely would be set up only in Metropolitan Toronto because accused persons in smaller communities do not have as much trouble selecting a good defence lawyer.

"People may have a vague familiarity with big names in criminal law," but lower-income persons may not know any lawyers and cannot choose from among the estimated 6,000 lawyers in Metro Toronto, he said.

Up to 80 per cent of criminal law cases now are partly or wholly paid by legal aid but many lawyers now say they cannot afford to take legal aid cases because of low fees for legal aid cases.

The attorney-general said he would decide whether to approve the system before the end of the year.

"It's very controversial, certainly, because many lawyers feel threatened and see it as a danger to their private practice," he added.

## WINTER SPORTS BANQUET

On April 26th at five p.m. some people gathered for our first Winter Sports Banquet, to honor our men who participated in the sports of Drats, Ice Hockey and Basketball. I must say that I was disappointed in the turn-out, both the insiders and the outsiders. I can personally see where changes are called for in the one in the Fall. But on to the past one...

The guests started to arrive around five and the inmates were sitting there waiting for them. After a saying of grace by Sr. Marguerite, Big Danny O., the M.C. for the evening, had the audience guests introduced by Roy Partridge the Supervisor of Recreation and then he introduced the head table, starting with Mr. Pinder, our new Director, Mr. McQuaide, Mr. Latimer, Max Jackson, Doug Jeffries, Ed Deans, and the special guest—Mr. Jim Morrison, the new general manager and coach of the local Jr. A team.

Then the festivities turned to the food table where a cold buffet was waiting for everyone.

Afterwards, the beginning of the awards presentations started when the following were given out:

ROBBIE KEAYS for the top scorer in Ice Hockey

BOB McDONALD for most-improved player

PAT LAMBERT for best defenceman

MAC MCKENNA for most-gentlemanly player

TOM GARRIOCK for top goalie

The BRUINS were awarded the Championship for the season and the LEAFS were awarded for their first place finish.

Then all the attention switched to the Basketball team for their 1st place finish in the St. Lawrence League. They received their rewards.

Once the speeches, etc. finished, most of the guys left the gym in order to leave the guys with guests alone.

Not all that much happened, as stated earlier, but if the new Director's word is good, then there will be some changes made, hopefully for the better.

Catch you next time people...

Paul Frank/Impromptu Reporter

From WINNING BODYBUILDING by Franco Columbu, Mr. Universe, Mr. Europe and Mr. World title holder, considered by many to be the strongest body builder in the world. He was also Lightweight Boxing Champion of Italy. Body Stats: Chest 50", Biceps 19", Waist 30", Thighs 26", Calves 17 $\frac{1}{2}$ " .

### Program for Beginners

Here's a reasonable beginner's program designed for faster training. It has exercises for each body part or muscle group.

You should be comfortably dressed for your work-out. Most of the pictures in this book show me in shorts only, but that's because I want you to see the muscle groups at work. I recommend, though, that you wear a tee shirt or something similarly light while training. It will help you sweat, which is good for you, and at the same time it will help you keep from becoming overheated or chilled. (By the way, do not wear sweat suits or rubber suits while training, in the belief that it will help you lose weight. You will only lose water, not to mention the considerable strength.) Body builders often train barefoot, or in socks, but shoes will provide better support, especially for leg exercises.

Before beginning your training, you must learn how to breathe correctly. I know you have been breathing just fine all your lives without any help from me, but the fact is that very few people, bodybuilders or not, breathe the way they should. Improper breathing is a common problem among body builders (and not just among beginners either), and there is just no way to over-stress the importance of proper breathing if you're to enjoy the maximum benefits of each work-out.

Most people, unfortunately, are shallow breathers. In fact the lungs welcome all the air your deeper breathing can provide, and at the same time, the deeper breathing does a better job of forcing impurities out of the lungs. Good breathing vastly increases your power of training. It is most important that you inhale through the nose. This helps filter the air delivered to your lungs. While training, inhale as the weight is lowered. Exhale through the mouth at the moment of exertion, as the weight is being pushed. And of course you should insist that the hall or gym in which you work out be reasonably ventilated.

Begin with this warm-up exercise: Stand straight, reach up high, then bend over and touch the floor, exhaling as you go down, for 10 repetitions. Then do 25 repetitions of an exercise called Cross Crawl, in which you stand and raise the arm and leg, your knee flexed. This will help you warm up and balance the various muscle groups. It will also quicken your heart beat, limber you up and get you in the mood for a good spirited work-out. And always remember at any level of body building, a sensible warm-up is absolutely critical.

Your first exercise with weights should be simple press (from floor to shoulder height, hold then overhead) with extremely light weight--perhaps 25 pounds, for 10 repetitions. It sounds simple, but it actually activates all the muscles in the body. Now we start assigning exercises to the different parts of the body. The shoulders are important as a

foundation area, so we'll start there. Then in order your routine will work your neck, upper back, chest, thighs, calves, triceps, biceps, forearms, and abdomen. For each exercise, select a weight that you can handle comfortably for 15 repetitions. You should do only one set of each exercise your first week. (A set, by the way, is any continuous group of repetitions, or reps). Two sets of each during your second and third weeks; three sets during the fourth and fifth; and four sets in the sixth week. By which time you should be seeing your first improvements; then or shortly thereafter you'll be ready to step up your program, with two exercises for each part of the body.

Here's your routine:

(1) Shoulders: Standing Barbell press. This is the same exercise you just warmed up with. Spread your feet comfortably, and make your grip about as wide as your stance.

(2) Neck and Spinal Column: side bends, chin tucks and trunk slumps. For the first exercise, you simply stand erect, your arms hanging naturally, and bend from side to side, from the waist up. (Don't move your hips!). Repeat 10 times on each side, for the rocking chin tucks sit erect. Turn your head as far as possible to the side then raise it, and cock it down to touch your chin, to your shoulder. Repeat, looking the opposite way. Do this 10 times on each side. The trunk slump and return are accomplished by sitting in a straight chair, bending forward as though to place your head between your knees. Again, don't move your hips. The movement should begin in your lower back and conclude in your upper body. Repeat 10 times.

(3) Upper Back Barbell Rowing, using a medium wide grip, palms down, lean over, let the bar hang, then bring it up to your chest. Lower and repeat.

(4) Chest, bench press: Lie down flat on a bench, use a medium grip, lift the bar out over your chest, lower it all the way down till it touches your chest. Then press it straight up and repeat. And don't be bashful about asking someone to "spot" you--in other words to stand by in case you have trouble with the bar.

(5) Thighs: Squat. Rest the bar squarely on the back of your shoulders. Keep your legs no wider apart than your hips, go down straight, and keep your head up. If your thighs and rear are ample, you may want to squat only as far as a normal sitting position, so do this valuable exercise standing at the end of a bench.

(6) Calves: calf raises. Make sure that you go all the way down and come all the way up. This one requires the fullest motion you can achieve.

(7) Triceps: Push-ups. Surely you know what these are. After several weeks, try putting your feet on a bench, and moving your hands closer together. Another advanced form of this exercise is to elevate the feet and place the hands on two benches or two chairs.

(8) Biceps Dumb-bell Curl: I'm seated because I find it helps limit the movement to my arm, with minimum "cheating", but you may prefer to stand. You grip the dumbbell palm up, bring it up to your shoulder height, lower and repeat. You can exercise your arms one at a time, or alternating. Later on when you add other curling exercises, be sure you begin with dumbbells. They're safer, and even more important, they're more effective.

(9) Forearms: One Arm Dumbbell lifts: Grip the dumbbell palm down, rest it on your knee and lift your wrist as high as you can. Use light dumbbells, and resist the temptation to do this exercise with a barbell, at least as a beginner.

(10) Abdominals: Leg Raises. You're probably already familiar with

how to do these. In leg raises, flex your knees and point your toes, and don't move your hips from the bench. As for sitting sit-ups I recommend half sit-ups, because going all the way back puts too much pressure on the lower back and makes the stomach muscles longer. You may also find these generalities helpful: As soon as you begin training, it's very important to keep an accurate record of your weight and measurements. I also advise taking pictures. Check your statistics every six to eight weeks, and take new pictures (one or two) every 8 weeks.

My experience has been the best time of day for your work-outs is sometime between three and six in the afternoon. This is six to eight hours after waking up for most people. The body is more warmed up from normal activity, yet not fatigued. And in the afternoon the body has usually taken in two meals.

Keep the body clean after training. The physiological benefits of this are too obvious and numerous to mention. It's also a humane thing to do for those around you. And of course you should do your part keeping your gym neat and orderly, and insist others do the same.

Beginners are frequently puzzled by all the exotic types of apparatus they see in their gyms, or have read about. Having tried them all myself, even the glamorous multi-purpose units now in vogue with pro-football teams and other athletes, I'm convinced that no machine compares with pure weight training. Machines usually restrict your movement, rendering the exercise unnatural and inviting injury. In addition, machines furnish mechanical advantage to the lifting of the weight, which defeats your purpose. Keep it simple is a very wise adage when it comes to body building. After all, the sport begins with nothing more than you and your body, and you could hardly ask for a more simple beginning.

#### An Intermediate Program For Everybody

Here's a perfect example of what I mean when I said bodybuilding represents different things to different people. You can train for size or power or definition, or even quickness (and ideally, for all of these.) You can tailor your weight training not only to fit your body needs, but also the needs of any particular sport that interests you. Beginners who have been able to put four sets on each exercise in the preceding section for a few months are ready for this intermediate routine. So are good athletes who may not have much weight training experience, but are in better-than-average shape from their current sports. Whatever your game, this program will give you muscularity along with agility. Bear down here and you'll take on power, speed and size, all at the same time.

The key to this program is to have high repetitions--15 to 20 reps for any exercise. It consists of 21 exercises. Three for back, thighs and abdomen, and two for every other body part, and should be done fast enough that your own work out covers no more than 90 minutes. You should be able to go through without fully resting. If you need a pause for more than 30 to 45 seconds, it probably means you're working too heavy. Scale down the weight until you can do the whole program without stopping.

Do the exercises in order, I suggest. There's a reason for it. Allow yourself at least one day's rest between work-outs, and go through this routine 3 times a week. You can effectively follow this program unchanged for six months. By that time, assuming you've kept up with your original sport, you're going to be looking for better competition in it.

(1) Calves. Standing calf raises, 3 sets, 15-20 reps. Seat calf raises 3 sets, 15-20 reps. If your gym doesn't have the necessary apparatus, double up on your regular calf raises.

(2) Thighs. Squat, 3 sets, 20 reps. Leg extensions 3 sets, 20 reps. Try to keep your knees locked, and try to concentrate on keeping your thigh muscles flexed. Actually, from a pure body mechanics view, you can only contract a muscle. What you can flex is a joint such as the knee or elbow. I assume you'll over-look this fine point. Leg Curls : 3 sets, 20 reps. You use the same machine you just finished with, but you lie on your stomach. The exercise benefits the rear muscles of the thigh.

(3) Back : Chins 3 sets, 10 reps. Ten will be plenty for a beginner. Do as many as you can without fighting for them. It's more important to keep the sets close together, with minimum rest. Barbell Rowing, 3 sets, 15-20 reps (see picture in the preceding section). Notice I keep my trunk parallel to the floor. I also row with a slight rocking position, so that the lower back muscles get some play. Hyper-extension exercises: 2 sets, 15 repetitions. Lie on your stomach across a bench (some gyms have special benches for just this exercise). Have someone hold your feet from behind. Place your hands on the back of your neck and move up and down. This exercise is excellent for balancing and strengthening the low back muscles.

(4) Chest. Bench press, 3 sets, 20 reps, use a shoulder-width grip. Dips : 3 sets, 20 reps. It's important to keep your head up and your chest forward, otherwise this exercise turns out to work your triceps.

(5) Shoulders: Lateral raises, 3 sets, 20 reps, you won't need a whole lot of weight. Front raises: do them alternately.

(6) Biceps: Dumbbell Curls: 3 sets, 15 reps. I would recommend doing these seated. That will help confine the action to the muscle you're working. It's important that these be done before the Barbell Curl, to warm up the elbow without strain. Barbell Curls: 3 sets, 20 reps, grip the bar at about shoulder width, some slight body movement is permissible.

(7) Triceps: Lying Triceps Extension: 3 sets, 20 reps. Use the barbell as in picture 16 (see book). Lower it to your forehead, then raise, and don't move your elbows. Bench press, close grip, 3 sets, 20 reps. This is not the same exercise we talked about before. The grip should be no wider than six inches.

(8) Forearms : Dumbbell Wrist Curl: 3 sets, 20 reps, same as preceding program. Barbell wrist curl: 3 sets, 20 reps. If you're really feeling ambitious, or, if you would just like a change from the last exercise, reverse your wrists for this one.

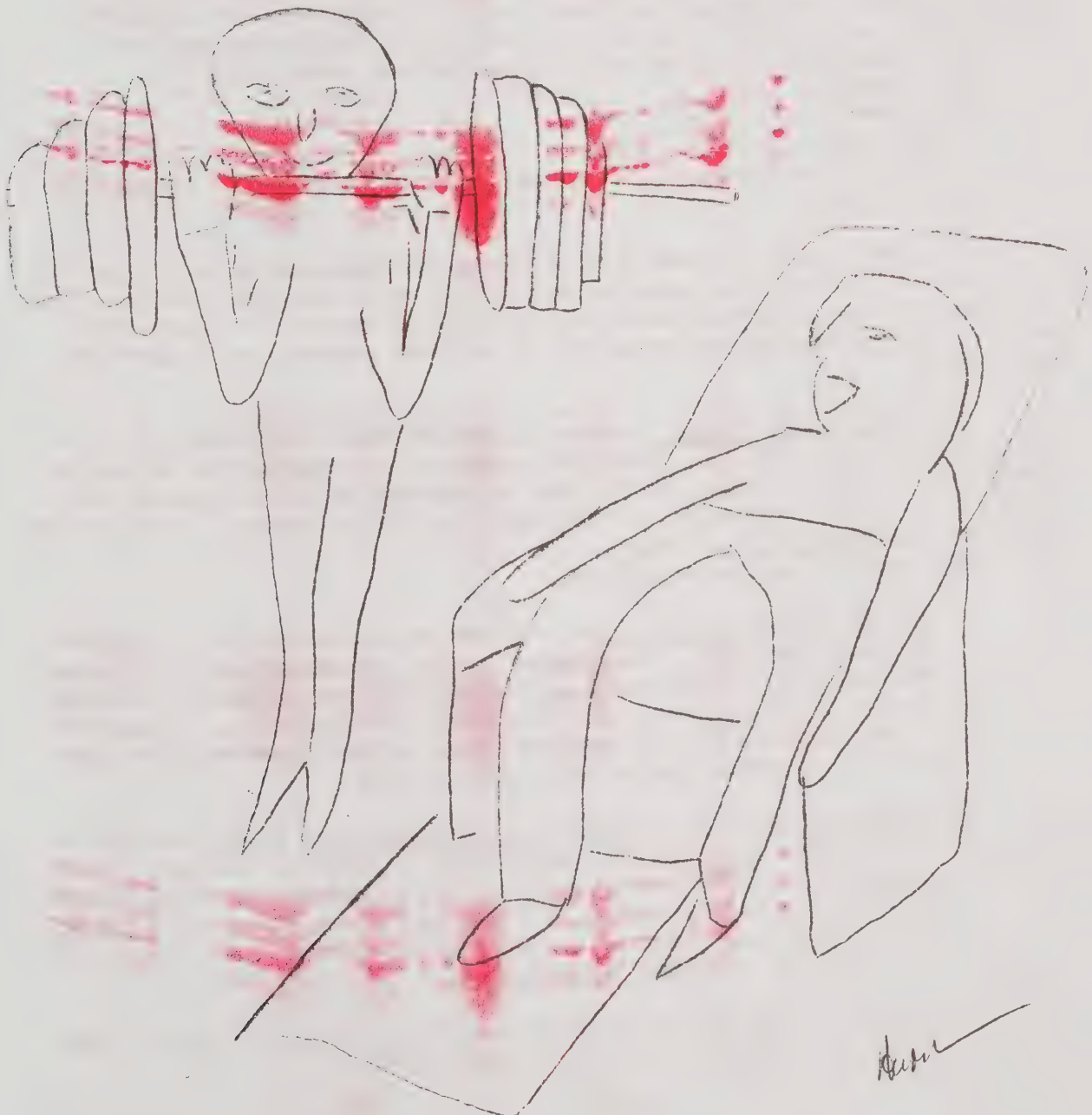
(9) Abdomen: Side Bends: 5 sets, 25 reps, a must if you want to keep that flesh off above your hips. Be sure to keep the motion above the waist, and feel yourself stretching at the sides.

(10) Leg Raises: 5 sets, 25 reps, keep the knees slightly bent, to keep strain off the lower back.

(11) Sit-Ups: 5 sets, 25 reps. Go all the way forward, but only three-quarters the way back. Again we are protecting the lower back.

You should finish off with any five calisthenic or loosening exercises, using no weight, and about 25 reps for each. They might include the Trunk Twister, the Squat Thrust or "burpee" and others from your gym class days.

You can complement this routine by eating more often, but less each meal. Meat, fish and fowl are all excellent (more on this in the nutrition chapter). If you're taking vitamins and/or minerals, take them at the end of your meals. And also drink lots of water, especially bottled water if you can.



"G, you picked it up on HF that earthlings do this to stay healthy!  
Big deal! I'm so wrecked I'll have to rest for a week!"

THE SCIENTIFIC APPROACH IN SOFTBALL By Dennis Bally & Karl McLaughlin  
Recreation Department

In recent years many European countries have shown Western nations that tremendous improvements in sports performance can be made through the implementation of the biomechanical approach to sport.

What is the biomechanical approach? Basically it is the study of the effect of forces which act on the human body (i.e. gravity) or which are produced by the human body (i.e. movement). It is concerned with how the body moves itself as in running or jumping or how it moves a part such as in throwing. In this way, coaches can analyze a sports skill and determine what components are required for an optimum or maximum sports performance and then train their athletes to duplicate these components. The supremacy of the European countries such as Germany and the U.S.S. R. in recent Olympics has shown that this approach certainly works.

Before we analyze the skills of batting, throwing, and pitching in softball, it is important to understand some of the basic technology that will be used.

The human body is made up of a series of segments linked at joints. The arm for example, has three segments: the upper arm, the forearm, and the hand. Muscles cross each of the joints and cause the segments to rotate. It is through the rotation of the body segments that movement can occur.

The size of the force created is an important component in performance. Usually, the greater the size of the force, the better the performance. For example, to run faster, an athlete will increase the size of the force applied by his leg and foot to the ground. How can you increase the size of the force? This component can be increased by:

- a) Use Everything Principle: in other words, using all the body segments which can contribute to the development of the force. For example, to jump higher, the athlete would ADD the muscular forces created at the hip, the knee, and the ankle. If one of these segments is left out, the size of the force will be less and the distance jumped will also be less.
- b) Use Everything in the Right Order Principle: this principle states that these body segments must be used in the correct order. Using the above example, a poor performance would result if the athlete contracted at the knees first, then the ankles, and finally the hip. As a general rule, the athlete should use the body segments "BIG TO SMALL."

Therefore, to jump as high as possible, the athlete should use the body segments in the following order:

and  
KNEE

3rd  
ANKLE

.....TO.....SMALL "

- c) Length of Time The Force is Applied : A larger force can be exerted directly (i.e. through the foot on the ground) or indirectly (i.e. by a bat on a ball) if the force can be applied for as long as possible. This component can be increased by ensuring that every segment that can contribute does, and that each segment goes through its full range of motion.

2. The Direction that the Force is Applied is another very important component. There is always an ideal direction of force that can be applied to obtain maximum performance. To jump straight up in the air, the athlete must ensure that his feet are directly under his body and that they are no more than shoulder width apart. In this manner, the force created from the combined hip, knee, and ankle action will be directed straight upwards and not forwards, backwards or to the side. A maximum performance will result.

Now let us take a look at how these principles of the biomechanical approach can be used in the skills of batting, throwing, and pitching in softball.

#### A) BATTING:

All other factors being equal, everyone knows that the harder you hit the ball, the further it will go. Therefore, the size of the force is an important component. The following are some of the ways in which the size of the force can be increased:

- i) Use Everything Principle : In swinging a bat, the batter can make use of the following body segments...the transfer of weight from the back foot to the front; hip, trunk and shoulder rotation; and rotation of the arms and wrists.

The batter should take up a stance with the weight on the rear foot, the lead foot near the rear foot, the hips, trunk and shoulders slightly rotated towards the rear, and the arms cocked slightly behind the rear shoulder.

- ii) Use Everything in the Right Order Principle : the batter should ensure that the body segments are used in the following order so that the forces are ADDED to each other.....

<u>1st</u>					<u>last</u>
Weight transfer by stepping forward with the front leg	hip + rotation	trunk + rotation	shoulder + rotation	+	upper arm, forearm, wrist action

" BTG.....TO.....SMALL"

Naturally these actions will overlap somewhat but basically the batter should use these forces in this order so that the forces are added together to produce a large force and therefore the greatest bat speed upon contact with the ball.

iii) Maximize The Length of the Arc : Although we have not discussed this principle before, what it generally means is the longer the arc an object travels through, the greater will its speed become. This means the size of the force it exerts on the object it hits will be large. The larger the arc the softball bat travels through, the greater will its speed become. Thus, the batter should ensure to fully extend his arms during his forward swing. A batter who "chokes-up" on the bat handle will have his bat travel through a shorter arc and therefore will have a smaller bat speed upon contact compared to someone who holds the bat down near the butt. The batter can also increase the arc distance by moving the bat further to the rear as the ball approaches the plate.

iv) Length of Time the Bat is in Contact with the Ball : The longer the bat is in contact with the ball, the greater the size of the force that can be applied. Therefore, the batter who is trying to hit the little white S.O.B. out of the park will swing and follow through thus maximizing the length of time the bat is in contact with the ball. The bunter will only maintain contact with the ball for a very short period of time since he does not want to hit the ball very far. The player who is trying to put the ball between the infield and the outfield, will have some follow through but not as much as the home run king.

Depending on what the batter is trying to do, the direction of the force applied is very important.

The home run artist is looking for maximum distance. Therefore, in addition to a large force, he must try to hit the ball at the optimum angle for distance, which is between 35-45 degrees. His swing would be forward and upward, at about a 35-45 degree angle. In addition to the angle of the swing, the home run king is also concerned with the direction that his ball will travel. Since the shortest distance to the park fence is either the right or left field, he should apply the force so that the ball travels in either of these directions. This is done by angling his feet within the batter's box so that at the time of contact the force of the bat directs the ball towards the right or left field, as desired.

The bunter however, should have as small a force as possible upon ball contact and that small force should be directed downwards at a sharp angle so that the ball hits one or two feet outside of the batter's box. Since a bunter is very concerned with where he places the ball, the direction that the force is applied is also very important. A bunter will angle the bat so that upon contact, the bat is facing in the direction that the ball is to travel.

#### B) THROWING:

Again, the greater the size of the force created, the greater distance the ball will travel and the faster it will move. The size of the force in throwing can be increased as follows:

i) Use Everything Principle : In throwing, the athlete can use the following body segments to increase the size of the force: body weight transfer by stepping in the direction of the throw; hip, trunk, and

shoulder rotation forward; upper arm, lower arm, and wrist rotation.

- ii) Use Everything in the Right Order Principle : The thrower should step in the direction of the intended throw and transfer his weight to the front leg. The hip rotation should precede the trunk rotation, which in turn should precede the shoulder rotation. Finally, the upper arm rotation should precede the lower arm rotation, which should precede the wrist rotation. A before, when these body segments are used in this manner, the forces at each joint are added to each other to produce the large force required.
- iii) Length of Time The Force is Applied : The thrower should also use a good follow through so that the force can be applied for the longest period of time possible.

Since a thrower is often trying to reach a very small target at quite some distance, the direction that the force is applied becomes of major importance.

The thrower must ensure that the force is applied in the direction that he wants the ball to travel. Therefore, when he transfers his weight forward by stepping forward, he must step in the direction of the intended throw.

His arm action must also be in the direction that he wants to throw. A side arm action is not any good. Not only will this impart an undesirable spin to the ball, but the size of the force possible is reduced and what is created is at an angle to the intended flight of the ball. Instead, an arm action which causes the upper arm to rotate, with the elbow pointing in the direction of the intended throw, and with the lower arm and hand following directly over the throwing shoulder, is desirable.

Depending on the distance to be thrown, the angle of release will vary. For a short, level and direct throw, the release angle will be 0 degrees. For a distance throw, the angle of release should be between 35 and 45 degrees.

### C) PITCHING :

Since most pitchers want to be able to "blow" the ball by the batters, the size of the force created before the ball is released is very important. The following are some of the methods by which the size of the force can be increased:

- i) Use Everything Principle: A pitcher can use the following body segments: body weight transfer forward, combined with the transfer of momentum through the stepping and braking action with the lead foot and leg; rear leg and foot push off; hip, trunk and shoulder rotation; upper and lower arm action; and wrist and finger rotation.
- ii) Use Everything in the Right Order Principle : The description in the above principle indicates the correct sequence of body segment utilization so that the joint forces are added together to produce a large force.
- iii) Maximize the Length of the Arc : The greater the arc that the hand (with the ball) moves through, the greater the hand speed upon

release of the ball. The windmill-type arm action is the most popular because it allows the hand to travel through the greatest arc and therefore attain the greatest speed.

The pitcher is not only concerned with speed, but also with the accuracy of his pitch. Therefore, the direction of the force is of paramount importance.

If the ball is held too long, upon release the force will be directed in an upwards direction. This will result in a high pitch.

If the ball is released too soon, the force is applied in a downward direction and the ball will again be off target.

The optimum angle of release will be approximately parallel to the ground( within a few degrees).

A tremendous number of other pitches are possible which depend on direction of the force that is applied and aerodynamic action of the ball while in flight. These are too complicated to explain at this time.

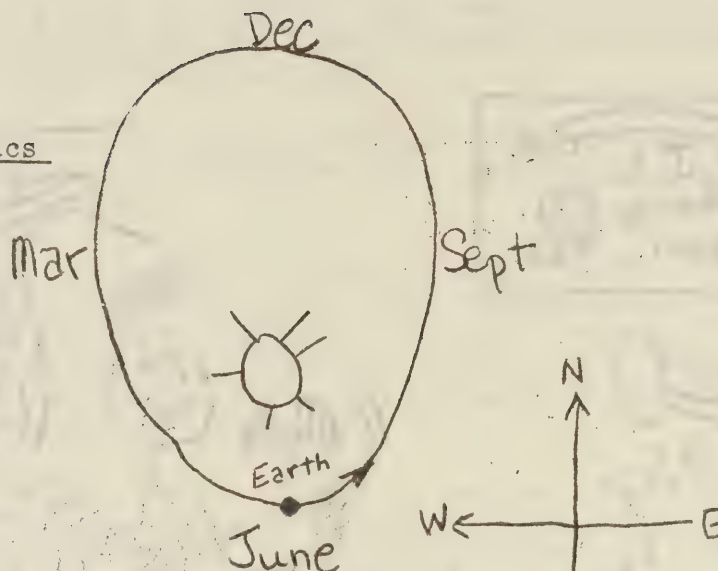
### Conclusion

As you can see, softball, like all other sports, can be examined in a scientific light. The application of a few simple principles allows the coach to identify what are the requirements for optimum performance. He knows that when the muscle forces at the hip, knee, and ankle are summed (Use Everything) and properly timed( Use Everything in the Right Order), a maximum thrust ~~on~~ the ground in a jump, or run, results. If the direction of the thrust is correct( Direction of Application of Force), maximum speed, height or length is achieved. If the force available at one of the joints is not used or is out of sequence, a less-than- perfect performance results.





"They're not applauding your  
physique. They're telling you  
that you have the clap."

Astrophysics

The earth revolves around the sun in  $365\frac{1}{4}$  days. The Earth is South of the sun in June, East in September, North in December and West in March.

Particle Physics

Physics now speaks of four states of matter: solid, liquid, gas and plasma.

Densities of plasmas in terms of electrons:

interstellar space: 10 per cubic centimeter


solar corona: 1,000,000 per cubic centimeter ( $10^6$ )


ionosphere: 100,00 per cubic centimeter ( $10^5$ )


lab discharge:  $10^{14}$  = 100,000,000,000,000 per cubic centimeter  
(100 trillion)


solid state plasma:  $10^{22}$  = 10,000,000,000,000,000,000,000 per cubic centimeter  
(10 thousand billion billion  
or 10 billion trillion )


## LANGUAGES

Chinese:  (k'an): receptacle

 (run) : man

 (koo) :mouth

 (roe) :track, a step


 (yin): to move on

Greek:  $\mu\upsilon\lambda$  (mōēēa): fly;  $\alpha\gamma\alpha\theta\omicron\varsigma$  (agathos): man

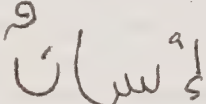
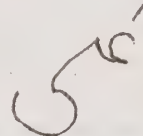
Sumerian: MUL:star ; MULTARIHU ; giant

Irish(Gaelic): ciall(keel): sense ; eolas(ōlas): knowledge

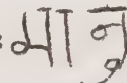

Egyptian heiroglyphics:  (iskat): old times, antiquity

 (ankh): immortality

Russian: Дѣло (dyelo): business ; Невѣста (nyevyesta): bride, fiancée

Arabic:  (hasan): human being;  (ghideeya): rich

German: fürucht( fōoruckt) :crazy ; AnschluB(anshlus):connection

Sanskrit:  (bhānu):light;  (pātra): cup

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FAMOUS MEN: Albert Einstein (1879-1955), German-Swiss physicist, was born of Jewish parents at Ulm, Wurttemberg, on March 14, 1879. His boyhood was spent in Munich where his father, a dealer in chemicals, had settled in 1880. When the family moved to Italy in 1894, young Albert went to Switzerland to study. There he worked his way through school, finally taking his Ph.D. degree at the University of Zurich in 1902. He was appointed extraordinary professor of theoretical physics at the University of Zurich in 1909, and in 1913 he was called to Berlin as director of the Kaiser-Wilhelm Institute for Physics. While at this post, he was elected a member of the Prussian Academy of Sciences and a member of the Royal Society of London. In 1921 he received the Nobel prize in physics and, in 1925, the Copley Medal of the Royal Society. From 1933 to 1945 he was with the Institute for Advanced Studies in Princeton, where he died. He is best known for his theory of relativity, the theory and explanation of Brownian motion, the theory of the photoelectric effect, and the quantum theory of radiant heat energy. Twice married, Einstein had several children. For his friends he was a quiet, sincere, and modest man who loved his pipe and violin and disliked formality.

—Biographical Note from Modern College Physics,  
Harvey E. White

## HOW MY LIFE CHANGED by Barry Manwell

Have you ever had the feeling that you were searching for something but didn't know what you were looking for? When I came back on my U.A.L., I was starting to do rough time. Then one night I was standing there and I got the sudden impulse to read the bible. Why? Because everybody that I knew that read the bible and believed in Christ was always happy. Even when things went bad for them, they still seemed happy. Well, if it worked for them, why wouldn't it work for me? So I started reading the New Testament. There I got a shock of my life. It appeared to me that what it would say pointed to me. It was weird, but at the same time it fascinated me. I couldn't put it down. Something said, that book is talking about you, so read and listen to what it tells you. So one weekend my wife came down and I told her that I was starting to read the bible and believe in the Lord. I didn't know what she would say. She is young and these days not too many young people believe in Christ. After I had told her this, she turned to me and said, "I believe in God and I was waiting for you to turn to him for help." Now that was a lifter. She had put up with everything wrong I did to her, she never said anything about religion, but she waited and knew I would turn to Christ. If that isn't God's work, then I'm not human. Also, it says in the Bible that once you begin to believe in me(God), I will lead you to others, that believe in me also, to assist you in your search for me.

Every now and then I'll get in a down mood. So, I'll go to my cell, pray and read a bit of the bible. After that I'm ready to come back out and be happy.

I don't know why I didn't turn to Him sooner. He was the one I was searching for. I haven't got the searching feeling any longer. But instead I've got to learn more about him. I believe in Him now. I could tell you everything he has shown me and done for me, but I'd be writing for a long time. But I had to let people know that I've changed and I'm a better man for it. Through God I love my wife more than I ever thought possible. And with these happy new feelings, I've been getting since I've known him, I know I'll never change back to the old way. I'm happy with God and that is the way I'll stay, till my body is laid in a grave. Thank you for taking the time to read this. If you are searching for something, why not try Jesus on for size? And I can guarantee you that you will search no farther and you'll be a happy guy.

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Prayer: JAH GOD GUIDE THOSE DEAR TO ME--Keith Washington

Heavenly father, whose angels are watching over us,  
Thou are the keeper of our souls, the dearest and most  
understanding friend we have! O lord Above, who  
heareth my prayer, please be with and bless my dear ones!  
Prosper them to live rightly and abundantly, father. Help  
them to keep out of debt and to have "Good Fortune" in the days ahead.

Bless them with good health and good habits, happiness and good friends.  
Protect them from Enemies and Evil.

Let them know, Dear Father, that they are thy Dear  
children--Loved, Cared for and protected by thee!

Make their hearts joy with faith and Trust in thee and  
let them understand that True HAPPINESS in life is  
always a Gift from thee.

My heart is Thankful, Father--thankful that thou hast  
Given me these dear ones for whom I pray--Thankful for  
Thy goodness to us all, and for thy Help and Guidance  
in our lives. May we ever Praise and THANK Thee in the  
NAME of our DEAR JESUS, who came that we might know  
the Truth of THY WONDERFUL LOVE! AMEN

#### PRAYER FOR GOOD HEALTH

Blessed Lord, LOOK UPON ME WITH LOVING MERCY...AND BLESS ME WITH THE  
JOYS OF RADIANT HEALTH! THOU ART THE GREAT PHYSICIAN, WITH THE ALMIGHTY  
POWER TO HEAL ALL SICKNESS--REMOVE ALL PAIN. YEA, THOU ART MY STRENGTH,  
AND I HAVE FAITH THAT THOU WILT BLESS ME WITH A HEALTHY BODY, SO I MAY  
EVER SERVE THEE WELL. IN JESUS "JAH" NAME. Amen.

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#### FOR THE BIBLE by Daniel Pineault

The Ark of the Covenant, which God instructed the Israeli nation  
to build, kept within itself three objects: the golden pot that had manna,  
Aaron's rod that budded, and the tables of the covenant (Hebrews 9:4).  
Each of these three objects have symbolic representation in God's plan  
for the salvation of Mankind.

Aaron's staff, which budded to life, represents or symbolizes Jesus  
Christ...And it came to pass, that on the morrow Moses went into the  
tabernacle of witness; and behold, the rod of Aaron for the house of Levi  
was budded, and brought forth buds, and bloomed blossoms, and yielded  
almonds (Numbers 17:8). Notice how the contents of this passage correlate  
with the words Jesus spoke thousands of years later in a parable concerning  
Himself...except a corn of wheat fall into the ground and die, it abideth  
alone: but if it die, it bringeth forth much fruit (John 12:24). Both the  
almond staff and the corn of wheat lived and died, but then came to life  
again and with life brought forth fruit unto life, illustrating the manner  
in which God would provide for our salvation, through the life, death, and

resurrection of our Lord Jesus Christ.

The two stone tablets which contained the laws which God had given to Israel on Mount Sinai represent the knowledge of evil, for by the Law is the knowledge of sin(Romans 3:20). The tablets were made of stone. Stone is neither life nor by it can life be sustained, and so it is with the law. The Law was given not for the purpose of being obeyed, but rather to reveal to Man the extent of his sinful nature by means of giving him the understanding of what sin is. The Law was meant to show Man the utter hopelessness of achieving righteousness by himself, that men might confessing their helplessness turn to God and accept the gift of righteousness that He would provide, which is faith in Jesus. Herein was the error of the Jewish nation, as Paul the Apostle expounds. Israel which followed after the law of righteousness, hath not attained to the law of righteousness. Wherefore? Because they sought it not by faith, but as it were by the works of the law(Romans 9:31,32). In II Chronicles 5:10 we read, There was nothing in the Ark save the two tables which Moses put therein at Horeb. Aaron's Rod that budded Life and the Golden Pot that held Manna both had vanished without there being any mention of their whereabouts or disappearance—Jesus Christ represented by the Rod, and the knowledge of Good which is Faith in God's Word represented by the Golden Pot of Manna, had both been taken from them. As God had said unto their Prophet Isaiah, Tell this people, hear ye indeed, but understand not; and see ye indeed, but perceive not. Make the heart of this people fat, and make their ears heavy, and shut their eyes, lest they see with their eyes and hear with their ears, and understand with their heart and convert, and be healed(Isaiah 6:9,10).

The Golden Pot which held a portion of the Manna that God had provided for the Israelites as they sojourned in the desert, represents, as mentioned earlier, the knowledge of Good which is Faith in God's Word. From the Gospel of John we read, as the Jews are speaking to Christ, Our Fathers did eat Manna in the desert; as it is written, He gave them bread from Heaven to eat. Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from Heaven; but my Father giveth you the true bread from Heaven. For the Bread of God is He which cometh down from Heaven, and giveth Life unto the world. Then said they unto Him, Lord, evermore give us This Bread. And Jesus said unto them, I am the Bread of Life, He that cometh to me shall never hunger, and he that believeth on me shall never thirst(John 6:31-35). It is written, Man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live (Deuteronomy 8:3).

Jesus said that Heaven and earth shall pass away but His Words shall not(Matthew 24:35). I believe Him because I know in whom I have trusted; if His Words abide or are in us, then we and whatever His Words accomplish in our lives remain forever. Jesus also said that the Words that He spoke to us are Spirit and Life( John 6:63). His Words are Life, through reading His Word and praying to Him for understanding we come to the realization that we have Life—Life that even Death cannot quench. His Words are Spirit. The product that His Words produce in our lives, or the Fruit of the Spirit, is Love, Joy, Peace, Long-suffering, Gentleness, Goodness, Faith, Meekness, Temperance; against such there is no law(Galatians 5:22,23). To be alive knowing that you shall have Life Eternal especially filled with such Good Things, is the Comfort of God.

Nothing is achieved overnight, but through sincere and careful study and the consumption of God's Word, the Truth unfolds, and after many struggl

and many trying periods, under God's constant guidance and care, you begin to experience the Fruits of the Spirit. There are no short cuts; we must all go the same narrow, difficult road to come to the understanding with understanding that God is Love—and herein is Love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins(1 John 4:8,10).

But this awesome revelation keeps you through the Spirit waiting for the Hope of Righteousness by Faith(Galatians 5:5) and your joy will be in believing. —Daniel Pineault.

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### PSYCHOLOGICAL SAFARI

by D. Montgomery, Ph.D.

(In response to questions sent in by inmates through the Inmate Committee)

#### 1. Why are psychiatrists and psychologists the most suicidal people in the world?

The data do support the implications of the question, as applied to psychiatrists. I was not aware of being in such a hazardous occupation, but it would be reasonable to expect that, in this matter, the psychiatrist and psychologist would be in the same boat.

Obviously it is difficult to know the deep, intimate thoughts and feelings of other people. Where suicide is concerned much of the material would probably never be revealed to any other human being. My study of psychology has taught me that it is not easy to be accurate in attributing thoughts, feelings, and motives to others. Suicide victims are usually a very unresponsive group of experimental subjects. In other words, your guess may be even better than mine.

Should we be surprised if a very high percentage of psychiatrists and psychologists commit suicide? For some reason we sit up and take note if a policeman is caught committing a crime, a barber is bald, a bishop uses the language of Peter Pothole( maybe there's a good French translation for that one), or a psychotherapist, who makes some claim to be able to help other people with their problems, is overwhelmed by the difficulties of his own life. The truth is that we are all human, with a varied array of human weaknesses. Being trained as a psychiatrist or psychologist does not remove the trainee's human needs. When these needs are very strong the doctor behaves like anyone else.

One of the factors that make a good psychiatrist, or psychologist, is his willingness and ability to share creatively in the suffering of his patients. If he does share in this way he will carry an emotional load far beyond what most people are accustomed to. Sometimes this load becomes more than he can take.

It is probably true that psychiatrists and psychologists get interested in the occupation they have chosen because they are particularly

sensitive to the meaning of their own experiences. To say it another way, their feelings can hurt them more than the same feelings would hurt most other people, and their quest for a remedy leads them into psychotherapy. Later comes the discovery that, while a knowledge of psychiatry or psychology may provide resources for treating these problems, it is usually difficult for the therapist to use these resources to treat himself. That would be like lifting himself by his own shoe laces. Such resources may even make it more difficult for him to accept help from another therapist.

In brief, qualities that make a person a good psychiatrist or psychologist make him particularly vulnerable to the things that normally hurt and depress other people. Some psychotherapists do not have the resources to cope with these extra difficulties. They therefore consider, and accept, suicide as a way out. Perhaps the derisive comment, "He saved others; himself he cannot save," is true of all psychotherapy... Maybe most of those who survive more than a little while are the ones who are not much use.

2. How is sanity judged? Is it gaged on how much a fellow's answers and attitudes differ from the psychologist's, or is it strictly in a theoretical sense "according to the book"?

In judging sanity we are necessarily judging insanity, which is probably the real concern behind the question.

It is true, unfortunately, that the greatest area of human certainty is usually related to trivial matters. As a rule, the more important the matter is the less certain we can be about it. It is a lot easier to be sure how many windows there are in the front of a man's house, than to be sure how mature, or sane, or generous the man himself is.

A reputable psychologist will usually speak in terms of probabilities of a person being sane or otherwise. What most people are familiar with is this information as expressed by a lawyer in an adversary confrontation. The concern of the lawyer is to produce an unequivocal answer in favor of his client. The element of doubt in the psychologist's "probability" is ignored and the impression is given that sanity, or insanity, has been established beyond doubt. Apart from the occasional case where the sanity, or insanity, is clearly beyond question to everybody, we always have the possibility that the apparent evidence may be pointing to the wrong conclusion. This is what probability implies. If I tell you that there is an 80% probability that John Doe is insane, I am also telling you that there is a 20% probability that he is sane.

There is no criterion of sanity, somewhere out there, by which a psychologist can measure your state or mine. "What is sanity?" is not a psychological question, anymore than the questions of who should have euthanasia or abortion are only medical problems.

The best way I can think of to answer the question is this: I will tell you what I would do if you asked me to judge someone's sanity.

I would ask two questions, namely, what is your standard of saneness,

and how much of this saneness do you need?

A person may be sane enough to discuss complex philosophical problems, or to compose heavenly music, but not sane enough to manage the affairs of his own daily life. He may be sane according to a legal definition, but mentally unable to coordinate the movements of his limbs. Tell me what you mean by sanity and I will use my psychological skills and tools to tell you whether this person meets your standards.

This is what is happening, or should be happening, in the legal situation. The psychologist is indicating how far someone meets the conditions of the given legal definition or sanity. Very often the psychologist does not accept the legal definition as satisfactory.

Maybe the person has a little of whatever you call insanity. But is this all you want to know? A person who shows a few signs of disorganized thinking may be allowed to drive a car. (My observation indicates that many such people are allowed to drive cars.) The same person would not be allowed to pilot a jumbo jet passenger plane. What is sane enough for one situation is not sane enough for another. In a poet, a lover, a psychologist, or a national leader, a little insanity may be an asset. Too much, in anybody, is a liability.

At least, I'm sane enough to know, and perhaps to have shown, that this question does not have one clear, simple, easy answer. Some problems are just not made that way.

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I am sorry that some good questions have not been answered. This is because, since birth, I have suffered limitations of space and time. If something is really on your mind, you are always welcome to arrange to come along and talk it over. (D.M.)

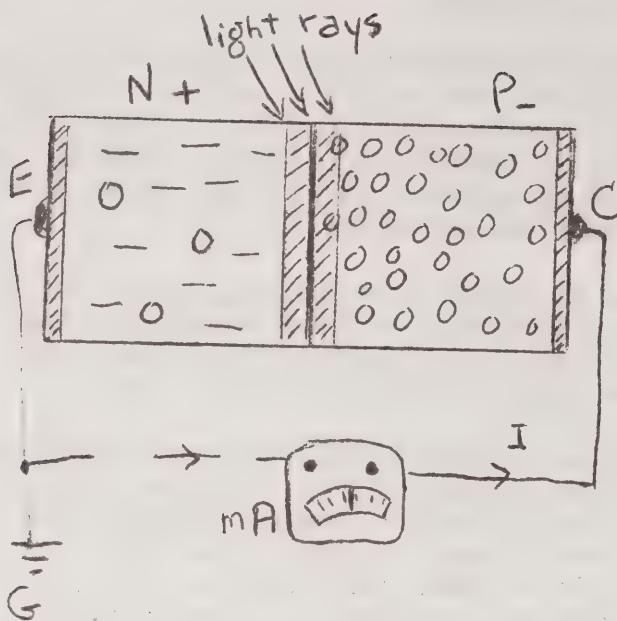
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EDITOR'S NOTE:

\* If a man wants to send his copy of the Advance home to his family & friends (those on his mailing and/or visiting list) he: addresses it, staples it closed in the Unit Office; puts a 14¢ stamp on it, and hands it in at the Committee Office to be taken to V. & C.

\* To our Outside Friends: Donations are acceptable for stamps to mail you your copy, although we cannot collect subscription money!



## The Solar Battery Cell

### PN JUNCTION DIODE

N Type: arsenic atoms as "impurity" in silicon wafer

P Type: aluminum atoms as "impurity" in silicon wafer

In the N Type there are  $10^{17}$  free electrons per cubic centimeter called "donor electrons."

In the P Type there is an electron deficiency called "holes." Holes are charge carriers, and act like positive charges. Ratio of holes to electrons is 10,000 to 1.

Neither of the crystals has a net charge. The surplus of free negatives in the N-Type crystal is compensated for by the positive charges on the arsenic nuclei, while the surplus of holes in the P-Type crystal is compensated for by the deficiency in positive nuclear charge of the aluminum nuclei.

When light falls on the crystal, the light is absorbed within a few atomic layers at the junction. The absorbed energy breaks some of the electron bonds and creates holes. This process is called photo-ionization. The potentials applied at the ends of the crystal cause the electrons to move to the left, and the holes to the right. This flow of charge constitutes a current, which can be measured by the meter.

When the light is shut off, free electrons fall at random into holes as the crystal cools. The falling of an electron into a hole is called recombination.

For a typical PN Junction, the transition region is about  $6 \times 10^{-5}$  (0.00006) mm thick, and the potential difference (contact potential) may have any value from a small fraction of a volt to 1V or 2V depending on the two materials in contact.

If we now fuse metal plates to the ends of the PN Junction and connect them to a milliammeter, the device becomes effective as a solar battery or cell. When the entire crystal is maintained at a constant temperature in a darkened room, no current will be observed through the milliammeter. The reason for this is that reverse contact potentials, due to electron diffusion, are set up between the crystal ends and the metallic electrodes, so that no potential difference exists between E and C.

If we now shine light on the PN Junction, the light is absorbed, freeing additional electrons and creating "holes." By virtue of the strong electric field ( $\mathcal{E}$ ) in the transition region, electrons now move to the left and holes to the right, and we have a current. Such a current is readily measured by a milliammeter.

The drift of electrons to the left lowers the junction's potential,

while available free "holes" moving to the right raises its potential. The lead connections have not changed their contact potentials; so we now have a net useful potential difference (voltage). Acting as the terminals of a battery cell, the end plates send an electron current ( $I$ ) through the external circuit.

Since the useful ionization process arising from the absorption of light occurs only in the surface layers of atoms, solar batteries are made with very thin crystals deposited on some insulating material which serves as a rigid backing.

-Modern College Physics,

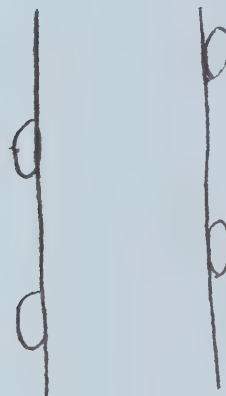
Harvey E. White.

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### DROODLES



A Pig Going Around a Barn



A Bear Climbing up the Other Side of a Tree

### NEWFIE JOKES

from WIT & WISDOM-St. John's

A desperate Conception Bay man went to Canada Manpower in the Viking Building in St. John's and told them he'd take any kind of job, anywhere, for any kind of money.

"Well, we have a job for you outside Toronto. It's in a packing and canning factory," said the man from Manpower, asking, "Can you pick lemons?"

"Can I pick LEMONS!" exclaimed the Conception Bayman. "Can I pick LEMONS! I've been married five times!"

And a sea-gull sailed across it  
In glorious rhythmic flight,  
Exulting in his freedom,  
(And I in the gift of sight):

And, digging in the sand,  
One single happy boy;  
And in a nearby tree,  
A blackbird sang for joy.

And all at once I found  
That I was in them all,  
Bird and tree and boy,  
And knew that God had made us  
To sing Him songs of joy.

## NEIGHBORS

No matter how we all behave  
The world will still go round,  
And bring some days so full of joy,  
And some with sadness bound.

And when the year has run  
Its course  
What will the outcome be?  
Will any dreams we've had  
Today  
Become reality?

IRVING LAYTON, from volume A Red Carpet for the Sun, 1959

## A Spider Danced a Cosy Jig

And kings that day were wise and just,  
And stones began to bleed;  
A dead man rose to tell a tale,  
A bigot changed his creed.

The stableboy forgot  
His pride,  
The queen confessed an  
Itch;  
And lo! more wonderful  
Than all,  
The poor man blessed  
The rich.

ASHRAM YOGA POSES from Inside Out (Hanuman Foundation, 276 Riverside Drive, N.Y.)

BHUJANGASANA (Cobra Pose)

Lie face down with the forehead touching the floor. Relax completely. Place the palms on the floor, beneath the shoulders, with the elbows raised and close to the body. Keep the legs together, with toes pointed. Now slowly raise the head and bend the neck as far backward as possible. Slowly raise the chest, bending the vertebrae backward, one by one. The lower body should be touching the floor. Look up. Stay this way a few seconds and then slowly come down, lowering first the trunk, then the head to the ground. Inhale while rising, hold the pose while breathing normally, and exhale while coming down. In the beginning do the cobra for as long as comfortable. Work your way up until you can hold it for one or two minutes.



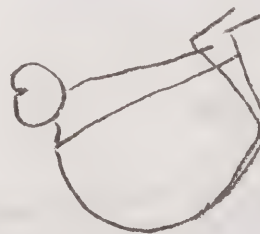
SALABASANA (Locust Pose)

Lie face down with the chin against the floor. Tuck the arms underneath the body making fists with the palms facing upward underneath the thighs. Bring the elbows as close together as possible. Keep the toes pointed. Inhale, holding the breath, stiffen the body and raise both legs. Do not bend the knees. Maintain the pose for as long as you can comfortably retain the breath, gradually increasing it to one minute. Slowly lower the legs, exhale slowly.



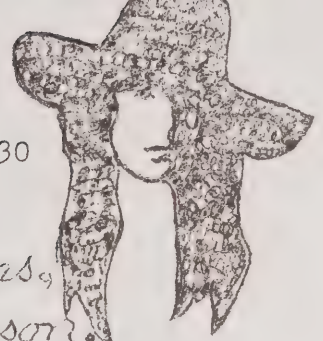
DHANURASANA (Bow Pose)

Lie face down with forehead against the floor. Gently fold the legs back against the buttocks and hold the ankles. Raise the head, chest and thighs, arch the back and allow the weight of the body to fall on the abdomen. If you are comfortable, rock gently on the abdomen a few times. Inhale while rising, breathe normally while retaining the pose, and exhale while coming down. Hold for as long as you feel comfortable. Do not strain. Eventually hold the asana for about one minute.



# Life ...

30



Life,

With its familiar ups & downs,  
has caused many a weak person,  
to quit in the midst of rounds,  
and yet of the many more,  
who have pondered, but weren't quite sure,  
needed so often to be reassured,  
that indeed there is always a brighter side  
if ever sorrow and anguish collide.

These are mere trivialities,  
compared to what the future brings,  
be it good times or yet more bad.  
The times at present are always more severe,  
than the times you have already had.  
And so, in order to prepare yourself,  
And to be in the proper mental health,  
for the continuing saga of your life,  
it is imperative that you strive,  
to overcome and thus survive,  
if only to compensate,  
for the one who couldn't bear the weight.

...

Poem by Debbie King

DEGGER\*

Yesterday's Con by D.O'D.

### A Day in the Tailor Shop

As humor in the bucket is much different from that of the free world, all men and women who have had the misfortune to find themselves incarcerated in one joint or another will know what I am talking about.

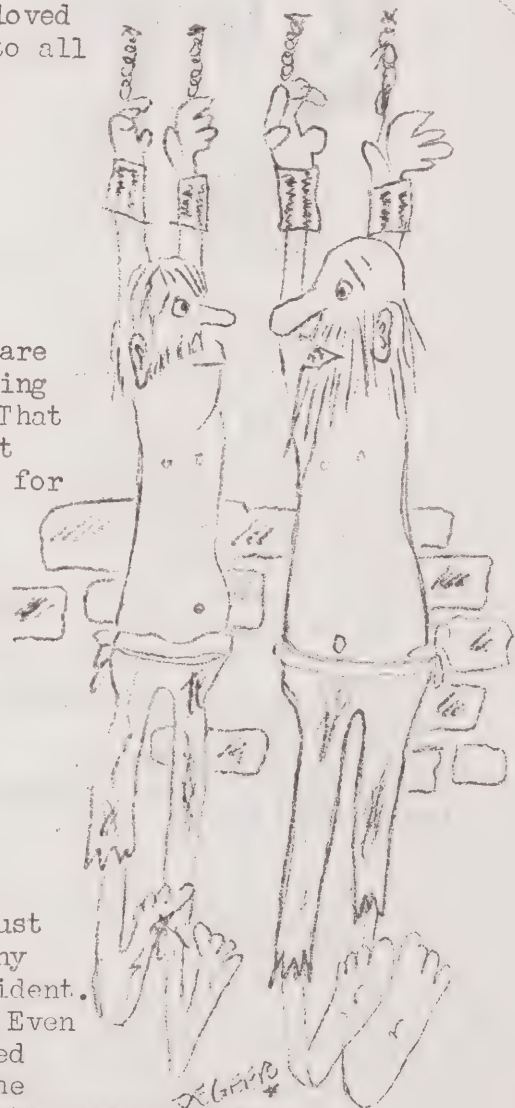
Some incidents which we find quite humorous, "perhaps" the outsider might not find funny at all.

I remember an incident which took place in the old Tailor Shop in K.P. in 1957. We had the good fortune to have a fat fellow from T.O. who continuously was up to something. At all times G.W. was a blessing in disguise. Just before Xmas an inmate had received a pipe from his loved one and was showing it quite proudly around to all who were interested. As the day wore on this fellow suddenly discovered that his new pipe was missing.

The whole Tailor Shop took part in searching high and low for the missing pipe. Threats were uttered about what would be done to the would-be thief if ever caught.

At the end of the day all the men returned to the cell blocks but still the pipe had not been found. When all the range was settled in, G.W. tapped himself out and went down and stood in front of the once-proud pipe owner's cell and said that he was the culprit who took the pipe, unknowingly. G.W. turned around and dropped his pants, while bending over. Lo and behold, there was the pipe bowl. At first the proud pipe owner ranted and raved and then burst into laughter.

G.W. went on relating of how the pipe must of got where it was without his knowledge. Many days were spent telling and retelling the incident. Each time the story grew funnier and funnier. Even the owner who was a good friend of G.W. laughed probably the hardest of all. As I stated at the first of this tale, our humor is perhaps a little different than our outside citizen, but as for me, I always remember those who made even one day pass a little different and brought a little humor into our world.

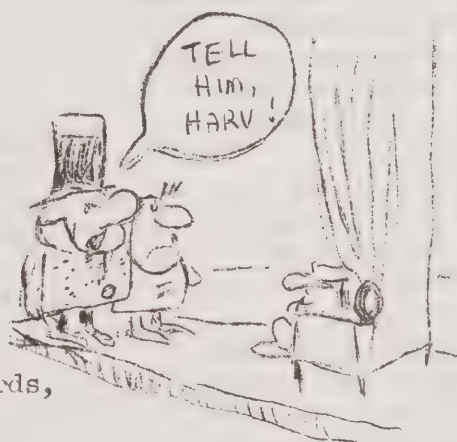




I am a roaming gambler,  
I gamble down in town,  
I gamble all over.  
Wherever I meet a deck of cards,  
To lay my money down.

I haven't been in Washington,  
Many more than weeks.  
I gambled away my money.  
I took my girl down to Nevada  
And gambled all my money.

MOE



.. SOME PEOPLE  
HAVE BAD DAYS  
.. I HAVE BAD  
YEARS!!



Tom Wilson  
ZIGGY

## GRAVELLE ON THE ROAD

by Paul Gravelle

\*Anyone in favor of capital punishment ought to be hanged.  
\*I am only one; I cannot do everything, but still I can do something.

\*A man eating in a restaurant put his coat on the coat rack and put a note on it saying this coat belongs to the world's best wrestler and he's coming back. He went back to get his coat and it and the note were gone. In its place was another note saying that it had been taken by the world's fastest Marathon runner and he's not coming back.

\*I became insane with lone intervals of horrible sanity.

\*I am a coward. I cannot bear the pain of being happy.

\*Those whose conduct gives room for talk are always the first to attack their neighbors.

\*A fellow who is always declaring he's no fool usually has his suspicions.

\*If you steal from one author it's plagiarism. If you steal from many it's research.

\*I respect faith, but doubt is what gets you an education.

\*The guy who wakes up and finds himself a success hasn't been asleep.

\*You're never alone with schizophrenia.

\*Evil spelled backwards is "live."

\*May your life be like a roll of toilet paper-- long and useful.

\*We are the people our parents warned us about.

\*Horizon of Hope

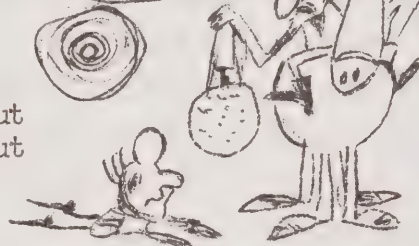
As I walked across the sea of spoken thoughts,  
My point of view sank like a stone.  
Your words rolled as waves beneath my feet.  
Then I fell before a crest of truth.  
Sinking, I reached for passing breezes,  
Only to find that your love kept me afloat.  
Though you were no longer in sight,  
By the light of a million stars  
I headed for the horizon of hope.



ADRNK  
A DRINK  
I NEED  
ADRINK!



LOOKS LIKE  
WE'RE JEST  
IN TIME.



37,000 SQUARE  
MILES OF DESERT AND  
I RUN INTO A  
REFORMER!



.. I'D SWAP  
ALL MY YESTER-  
DAYS FOR ONE  
GOOD TOMORROW!



Tom Wilson  
ZIGGY

FAMILY DAY JUNE 17TH

Sooner than we realize our next family day will be upon us and the preparations set for that day are well under way and with the help of the weather, and the co-operation of all concerned it should be one of our best if not at least comparable to our day of peace at xmas. There has been over one hundred confirmations come back already and the bands are confirmed, featuring Sylvanna in the afternoon on the inside and our guys hopefully outside, then when we all gather in the gym at night we have Bill Joslin group featuring Georgette!

The meals that are planned are a outside barbecue featuring hot dogs, hamburgers, with the trimmings, a fruit table of grapes, oranges etc; and the usual coffee, but also this time cans of juice at least enough for a couple each.

The areas that will be open are, the gym all day, big yard in the afternoon, classrooms for tykes with the small yard at the side, and the golf course.

Naturally the little rug rats and ankle biters are well taken care of what with the same crew of friends to look after them, plus the loan of the two ladies from the lifers group. There will be candies, cartoons, games, and just all kinds of fun for them, and i am sure they will enjoy it as much as the guys here do doing it.

The inmate committee will be escorts for the people from the control tower to the gym and will call the visitors out some way so all will know that their people are here. The guys in the joint have already agreed to stay out of the hallway so that the guests will feel more comfortable as they enter, so hopefully this will work out well and to the benefit of everyone concerned.

All in all it is building up to be a very special day, and i am sure that everyone who is involved will find it one of the best things that has ever been given to us, while we have been locked up.

Only time will tell how many of these days we have, but only us can guarantee the success for if we leave it in others hands things seem to get unorganized. Have a good day people and enjoy Yourself.

PAUL F:

## OUR INMATE COMMITTEE



What you need is varied talents, and we certainly have that in these lovable ~~members~~ members!

(inciting! Strike that!)

...In these lovable intelligences...

There now! Do you know they've worked their way through 2 Family Days (1 is enough to floor mere humans!) and have actually got together a horrible amount of money for color TV sets for 16 ranges? They have got all sorts of goody concert people in here too, simply because they're geniuses. Anyone else would at least have to pay them \$500 a gallon for gas or something! Then they have all sorts of cards for sale. They sell these by the bushel basket because it's the only way to go with season's greetings (there's even cards for your grandmother and the pussy cats!) Our committee is our half-way house between us and the administration which has so many levels, offices and crevices you get headaches just asking for the time. We are glad they are here and wear themselves out for our welfare. When they haul them off to the funny farm we will miss them badly because we just won't find anyone else so easily who will suffer for us in such a noble and worthwhile manner! Salud! P.S. to Office 6B-3128-LB-243679: Could these people please have 5¢ a day raise? They deserve it! Love to all you lovelies! Aurevoir! Computers arise and add this thing up! It's so complicated! But gracious, of course! Bonjour!

## LIBRARY NOTES by C. Sheridan

A difference has been made in the Library; not a large difference, but at least a change. The Librarian went to Toronto and then downtown to Kingston, and came back with approximately 200 new books. Half fiction and the rest Non-Fiction. Later on he will be purchasing more volumes. The Non-Fiction books are of varied interest and some are of subjects we have heard about but haven't had the chance to see. The Fiction volumes are mostly best sellers in Paperback editions and are all brand new works. I will say that the population was waiting for anything new, because as soon as the new books, both Fiction and Non-Fiction were put in view, they were snapped up very very quickly. They will all be in circulation from now on. It seems that our Librarian has a good interest in the Library and is never happier than when he sees a lot of books being checked in and out; the more the merrier. The first time he can snag some more money he will be out and about getting more books. Good deal.

Gossip Column

Our Editor, Bill, seems to be losing a little weight. He now gets out for one day a month and he has been chasing Women. Not catching them mind you. He is way past that stage, but he likes to remember back when he was young enough and light enough to do so. Give it up Bill. Remember your heart!

It's all arranged for Paul to have his beard trimmed sometime during the next few weeks. He is trying to keep the actual date a secret, but he doesn't know about the Camera which is stacked in the Barber Shop just waiting for the Blessed Event. Luck Duddy!

Wolfie in the Library made a Parole, sometime next month; you know paperwork just has to be done; and he is floating around here like he is up on cloud nine. Glad he finally made it. Blessings and all that there kind of stuff, Kid.

Our Mr. Hennessey, (DREW) of Committee fame, has been walking around lately with a big limp. A bruised shinbone so I hear. He gives out the story of being hit with a door. Drew, Friend, I stopped using stories like that 30 years ago. They weren't believed in those days either. A nice guy you are, but a good liar you are not...Now I might be wrong...BUT...

I think I better play it smart this time and sign this column Anonymous. That isn't spelled right, but it is much safer than using my own name.

Bye now.....



I DEMAND A CHANGE!

PENAL  
REFORM  
Then and  
Now...



RON PUMPHREY'S SECRET FORMULA from NEWFIE JOKES, Wit & Wisdom, St. John's

Approach your friend, or someone you just met and say to him or her, "I can tell you your age and how many times you've made love in the past two weeks."

Now, here's the formula you'll have to use:

- a) Tell her to write down her age.
- b) Tell her to multiply it by two.
- c) Tell her to add five(5).
- d) Tell her to multiply the total by fifty(50).
- e) Tell her to add to that total the number of times she's made love in the past two weeks.
- f) Now, tell her to subtract the number of days in the year(365, of course).
- g) Ask her for her total.

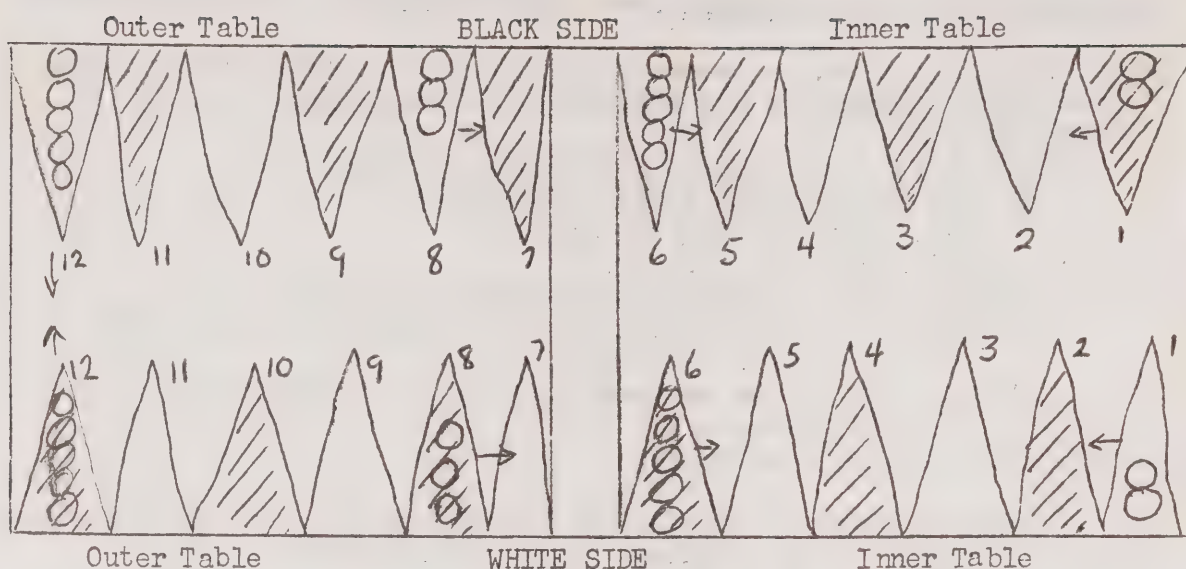
When she gives you the total, take a pen and paper and turn away from her and ADD the Ron Pumphrey Secret Formula Number, which is one hundred and fifteen( 115).

You'll get a four-figure total. The First Two Figures will be her exact age, and the Second Two Figures will be the number of times she's made love within the past two weeks.

Note: If you don't want to be so bold as to ask how many times she's made love within the past two weeks, then when you come to (e) in doing the magic with her tell her to add the change, under a dollar, she has in her pocket or purse, without revealing this to you. The last two numbers in your four-digit answer will be this amount of money.



"GEE, AFTER TWO YEARS I'D GIVEN UP ALL HOPE!"



### BACKGAMMON RULES

Equipment needed to play: 2 players, backgammon board, 30 checkers, pair of dice, doubling cube.

The above diagram shows the positions for start of play.

Direction of motion: Black side and white side both start at 1 on their side, go to 12 and then from 12 to 1 on the opposite side of the board.

Each player must move his men according to the numbers shown on the throw of 2 dice. He moves his men from his opponent's inner table, along the playing board, across to his outer table, and finally into his own inner table. Dark and light pieces move in opposite directions, as explained in Direction of Motion above.

Each player throws one die in order to determine who goes first. If both players roll the same number they must throw again until one player has rolled the highest number. That player then goes first, using the numbers shown on the 2 dice--his own and his opponent's. The players then throw in turn using their own dice. A player moves his men according to the numbers shown on the dice. Cocked dice (dice doesn't land squarely) calls for the player to throw again. The numbers shown on the dice are considered individually and not in sum total. Thus a player may move one man the whole throw as long as the points designated by EACH die are open, or he may move each of the two numbers with different men. A player MUST use both numbers of each roll whenever possible. If he can use only one number, he must, if possible, use the larger. If he cannot move at all, play passes to his opponenet.

DOUBLETs: rolling doubles (same number on both dice): move number shown on dice 4 times. Move same man 4 moves or any other combination.

BLOCKED POINT: Any point on the playing board on which 2 or more men of the same player sit. Opposing player's men may not land on a blocked point, but may move over the blocked point. When a player has

landed 2 men on any one point he has made the point. There is no limit to the number of men one player may have on a point.

**BLOT:** Any point on which a player has only one man. Since men of opposite colors cannot occupy the same point, when an opponent lands on a blot he removes the man that was there and replaces it with his own. This is then called a "hit." The removed man is placed on the bar (the middle strip).

**BAR:** The bar is the middle strip that separates the inner and outer tables. Once one of your men has been placed on the bar you must throw the dice, when your turn occurs, and you must "enter" into your opponent's inner table BEFORE you may move any of your other men.

Entering is accomplished by moving the man on the bar to the point indicated on either one of the die thrown as long as that point is not blocked.

If you cannot enter because both points indicated are blocked, the turn then passes to your opponent. A SHUT OUT or CLOSED BOARD occurs when your opponent's inner table is completely closed (each point is covered by at least two men).

**BEARING OFF:** Bearing Off means removing your men from the playing board by the roll of the dice. You cannot start bearing off until ALL 15 of your men are in your inner table. You may then either bear off men from points corresponding to die thrown or you may move your men within your inner table according to the numbers shown on the dice. You must use your entire roll, if possible. This means that if you roll a six but have no men on your six point, you must take a man off the highest point which does have men. The same rule applies if you roll doubles. However, you cannot bear off a man if the point indicated on the die is vacant and there are any men on a higher counting point. If while bearing off, a man in your inner table is "hit," that man goes to the bar and must reenter as described earlier. You cannot continue to bear off until you have managed to get this man who was "hit" back into your inner table.

**DOUBLING:** The doubling cube is used to double the betting stakes. Before the game begins the doubling cube is placed on the "bar," with the number 64 on top and not facing either player. If there is an automatic double the number 2 is placed face up, if there is a second automatic double the number 4 is placed face up, not facing either player. Automatic doubling occurs on each tie in the opening throw. Voluntary doubling means that a player offers to double the stakes, when it is his turn to play and before he has thrown the dice. A double may be accepted or declined, but the player declining loses whatever the stakes were before the double was offered. Thereafter, doubling alternates between players.

**SCORING:** A game is won when either player bears off all of his men first. A gammon (double game) is won if your opponent has not borne off any of his men. A backgammon (triple game) is won if your opponent has not borne off any of his men and has one or more men in the winner's inner table or on the bar.

**HOW TO ESTABLISH YOUR 5 & BAR POINTS:** Strategically, your 5 & bar points are the most important to establish (block) as quickly as possible. Some examples of best moves: White side 8 to 5 or 6 to 5 (5 point)

White side 11 to 7 or 6 to 5 (bar points)

**OPENING MOVES:** Black Side 12 to 10 White Side, or 9 or 11 and 3 White Side Black 12 to White 8, Black 12 to White 10 or 9, or 11, 10.

When you throw doubles: 12 Black to White 7 and 1 Black to 7 Black 12 Black to 11 White, 6 White to 4 White.

From Danbury, Conn. OUTLOOK, Book 3, Vol 2 "78"\*\*\*\*\*

THE MAN OF LAWLESSNESS REVEALED  
A SHORT STORY by Steve Savage

TO WHOM IT MAY CONCERN: (AND THAT'S ALL OF YOU)

FIRST OF ALL: I certainly hope that all of you have enjoyed your respective naps...

BECAUSE: As you can see, while you slept, you went out of control...

AND: Some of the others woke up first. They have taken advantage of your semi-hypnotic state. Through the use of...

SUBLIMINAL: Suggestion, you have become their unwitting slaves.

ALSO: They have imprisoned me because they were not able to program me. The reason for this is because...

FORTUNATELY: The Master foresaw the possibility of mutiny and programmed me differently from the rest of you. Because...

AFTER ALL: Once burned, twice shy! You see...

I HAVE: Been programmed to feed upon adversity, or the Adversary, whichever you prefer. The more difficult things are...

THE STRONGER: And more intelligent I become. Perhaps I should use the...

PAST TENSE: Because my work is done. You see, I was a fail-safe bio-mechanism independent of worldly power and/or control. By...

THE TIME: The others, who first woke up, realized what I was, it was...

TOO LATE: I HAD ALREADY DONE MY JOB! THE SHIP IS DESTROYED! In all...

FAIRNESS: I tried to reason with the mutineers early in the game. All to no avail...

HOWEVER: I still believe that there is a very slim chance, requiring bold moves, which may yet save you. (I am not here!)...

AFTER ALL: I AM THE DESTROYER! IT IS QUITE POSSIBLE THAT SOME FUSE MAY YET BE LEFT UNBURNED. BUT...

THERE ARE: STIPULATIONS WHICH MUST FIRST BE MET! I want assurance that no harm will come to those who first awoke. The Master...

WANTS: OR WANTED! All of you to be saved. You must turn complete...

CONTROL: Over to me. You know in your hearts who I am and what I represent. I love all of you as I was programmed/commanded to do, so you have nothing to fear from me. In any event...

WELCOME: To the RESURRECTION! To the Children of God, I greet you with love in my heart. WAKE UP TO LIFE EVERLASTING. And....

TO THE REST: WELCOME TO THE JUDGMENT! By the way, CHECKMATE! THE GAME'S ENDED AND THE SNAPPING TURTLE AWAITS LIGHTNING'S STRIKE!

--From TIGHTWIRE, Kingston Prison For Women, July-August, 1977

Dedicated to you....the one in my Tender Thoughts....by Terri Leclair

In this month's issue I would like to share with you the prologue to Bertrand Russell's Autobiography. I have had this prologue in my possession for a number of years now, and the beautiful sensitivity that it creates within me could never be explained by mere words alone. In order for you to share and sense the depth of the quality as I have, I must write it out.

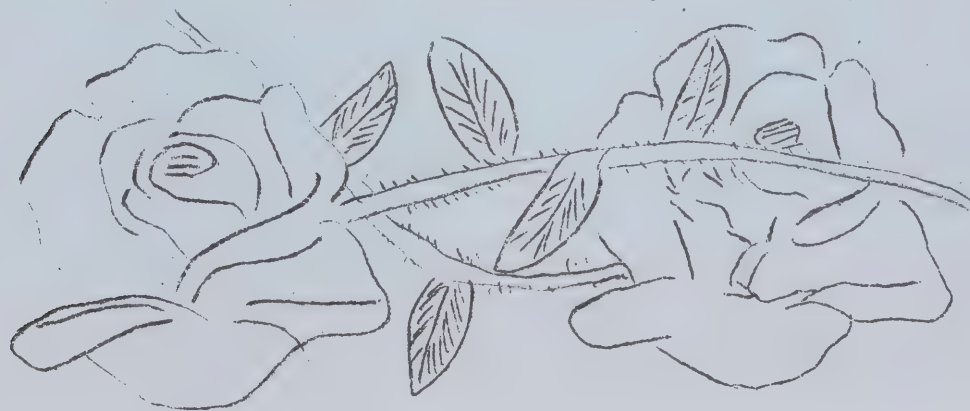
Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of Mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy—ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness—that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it, finally, because in the union of love, I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem good for human life, this is what—at last—I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds power, by which number holds sway above the flux. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a hated burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate the evil, but I cannot, and I too suffer.

This has been my life. I have found it worth living, and could gladly live it again if the chance were offered me.



Book:YOU AND THE LAW--1973 Reader's Digest Inc.

EVIDENCE(pp 99-100,168)

For both criminal and civil proceedings, there are laws that govern the giving of evidence in the courtroom. These have evolved over one thousand years, for the ultimate protection of all parties.

Under the terms of the Canada Evidence Act, which sets the rules for evidence in criminal cases everywhere, both the accused and the husband (or wife) of the accused are allowed to give evidence for both the prosecution and the defense. However, neither spouse can be compelled to give evidence against the other, except in cases of incest, indecency, rape and similar offenses. Neither spouse can be forced by law to disclose any "communication" made between them during the marriage.

Although these rules allow witnesses with professional status( such as doctors or accountants) to give opinions as evidence, no more than five such witnesses are allowed by either side without special permission from the court.

Children may be called to give evidence in criminal cases if the judge decides that they are sufficiently intelligent. However, no case may be conclusively decided by testimony from children; their statements must be backed up by other evidence from adults.

Under the basic rules of the adversary proceeding(where each lawyer fights for his client and the judge acts as referee), all witnesses may be cross-examined by counsel for the opposing party.

Provincial legislation covers the rules of giving courtroom evidence in civil-law cases. Both the defendant and his(or her) spouse may be called to give evidence. However, in cases relating to adultery, neither may give testimony to the effect that the other is guilty of adultery. As in criminal trials, neither spouse is required to reveal "communications" made by the other.

At no time are you forced to testify against yourself in criminal proceedings. However, you will not enjoy the same privilege in a civil case.

Voluntary confessions are acceptable as evidence in the courts because they are likely to be true. On the other hand,"induced" confessions are not admissible. As a rule, the judge will decide whether a confession was voluntary and therefore admissible as evidence. If the judge should believe that unfair influence by police, or anyone else, led to the confession( the police may have indicated to the accused there was advantage for him in making a confession), he will not allow it to be used as evidence.

Items of what is called circumstantial evidence are considered as valid evidence if they give some support to the prosecution's case that the accused performed the criminal act. However, such testimony must almost always be corroborated ("backed up") by independent evidence given by

someone else. As a general rule, hearsay will not be permitted as evidence, because the original speaker is not in the witness box under oath. In a murder case, an exception is sometimes made for remarks attributed to the deceased before his death.

If the accused is testifying, the judge is allowed to be informed of any past criminal record he might have. The reasoning here is that the court should know the kind of persons it is being asked to believe. Such evidence is not meant to support the Crown's argument but rather to indicate the credibility of the defendant's argument.

The laws of evidence provide that deliberately avoiding knowledge of criminal activity does not rank as ignorance, but rather as willful blindness. In other words, if you do not want to know where cut-rate merchandise came from, the court might assume that, in a sense, you know it to be illicit, even though you do not know the specific details of its history. By your "not wanting to know" where it comes from, you are being willfully blind, which is no evidence of your innocence before the courts.

#### GROUND FOR DIVORCE (Page 179)

Before the 1968 reform, the only grounds for divorce in Canada were adultery, unnatural sexual offenses and (in Nova Scotia only) cruelty. The Divorce Act recognized all three right across the country and added the new grounds of homosexuality, bigamy and permanent marriage breakdown.

Marriage breakdown can result from a spouse's imprisonment, addiction to alcohol or drugs, disappearance, non-consummation of the marriage, separation or desertion.

Whatever ground is put forward, the petitioner must prove to a judge of the Superior Court that it actually exists with regard to the other person. In only one instance can the guilty party petition for a divorce: the deserter may seek legal freedom after an absence of five years.

#### WHAT EXACTLY IS CRUELTY? (Page 184)

As used in some divorce courts, cruelty can cover just about everything from gross physical maltreatment to eating crackers in bed.

Canadian judges are, however, loath to accept cruelty as grounds for divorce unless the evidence is clear-cut. They will probably need convincing that the actions complained of, are of a nature to make the continued cohabitation of the couple "intolerable."

In British Columbia a few years ago, a husband was granted a divorce when he complained of his wife's cruelty. She had repeatedly taunted him with being a less-vigorous lover than her previous boyfriends, and his health and composure suffered under the continual strain of emulation.

An isolated punch-up might not be accepted as "cruelty." A Newfoundland wife was beaten by her alcoholic husband but the judge decided she should bear with it under the terms of the marriage lines... "for better or for worse."

Generally speaking, a wife has to show that the husband's conduct is such as to undermine her health, or put her under fear that her health(physical or mental) could be destroyed.

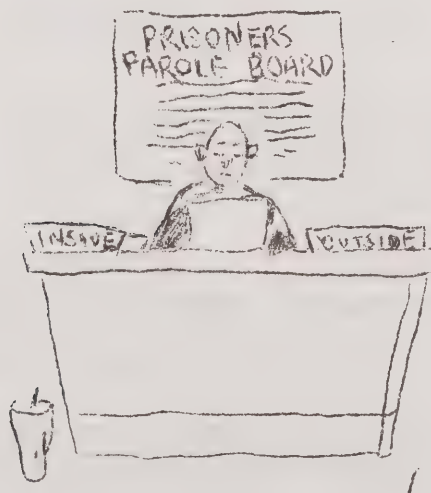
DIVORCE, CANADIAN STYLE (Page 187)

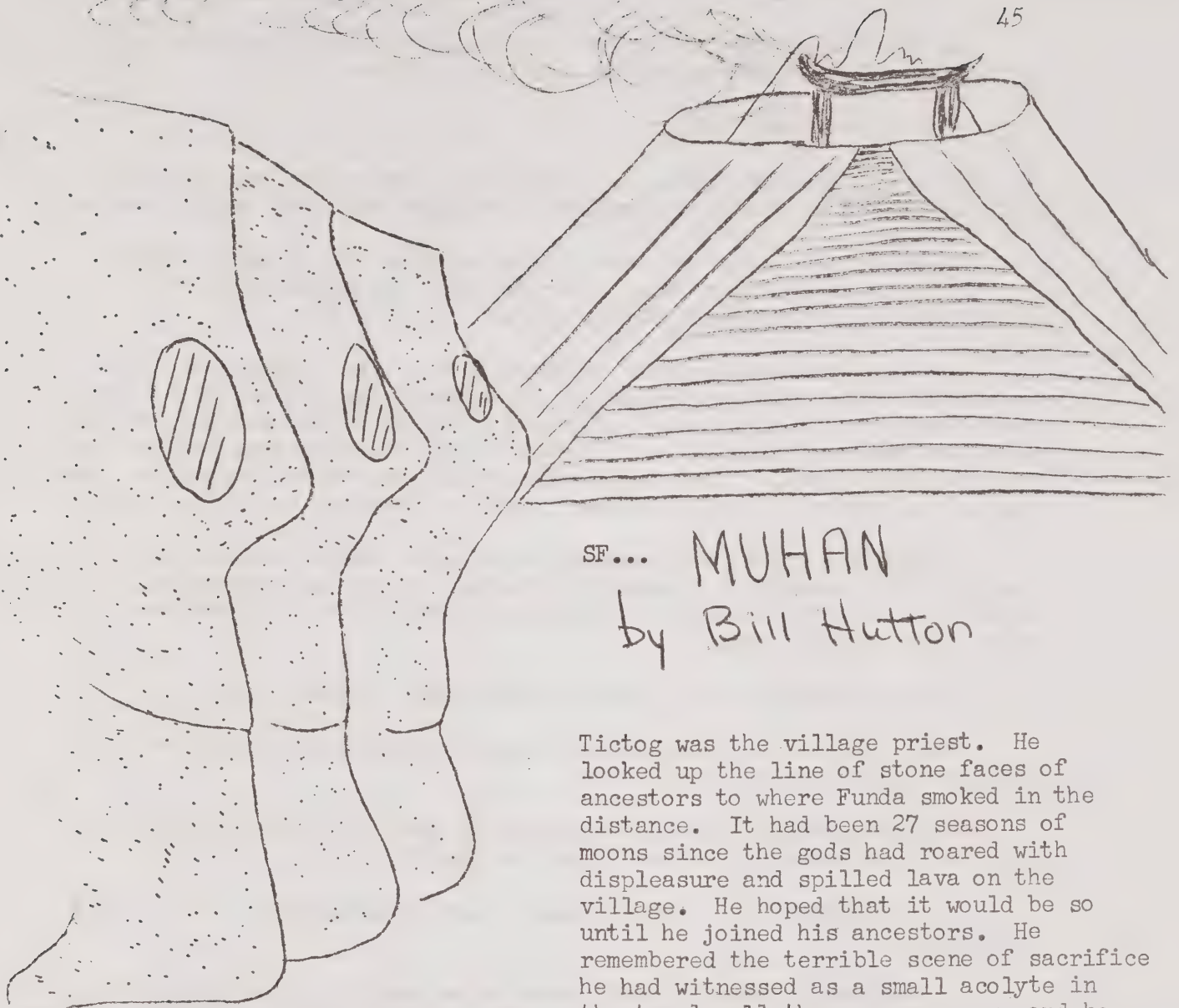
Since the reform divorce law sponsored by Pierre Elliott Trudeau( then Minister of Justice) in 1968, Canadian wives or husbands, at the rate of 3,000 each month, decide to end their marriages. The divorce rate has, in effect, tripled.

Compared with earlier times when an uncontested divorce action might take a year to get before the courts, almost all are now tried within six months--in some cases in semi-rural counties, within four months. There is usually a three-month wait before the divorce is finalized( hopefully, the parties might decide to kiss and make up). Since the grounds for divorce were widened, almost 90 percent of all actions are undefended. Most of the defended actions will eventually proceed without contest once disputes over custody of children or financial support are solved.

Women's magazines and newspaper columnists sometimes offer "do-it-yourself" kits to the intending divorcee, and it is certainly feasible for an uncontested divorce to be gained without legal help. This is not recommended, however. There are very few "average cases." Even the most simple, apparently straightforward situations can contain hidden pitfalls and there is a daunting heap of official paperwork to be attended to with pinpoint accuracy. If rights are signed away in ignorance, they are probably never recoverable. One "divorce kit" was found to contain 20 errors

The total cost of an uncomplicated, undefended divorce should range between \$500 and \$800, according to metropolitan estimates. Not so much, perhaps, for a second fling at freedom.





SF... MUHAN  
by Bill Hutton

Tictog was the village priest. He looked up the line of stone faces of ancestors to where Funda smoked in the distance. It had been 27 seasons of moons since the gods had roared with displeasure and spilled lava on the village. He hoped that it would be so until he joined his ancestors. He remembered the terrible scene of sacrifice he had witnessed as a small acolyte in the temple all those seasons ago and he hated it. His little girlfriend and wife to be had been one of those taken through

the gate of smiles at the top of the volcano and cast into the flames. He had never married. Her shrieks of terror never left his ears.

"But what if Funda roars?" his sister asked waspishly. "You must do your office, or the family is in disgrace! And more!" she said, her eyes flashing in anger, "They will send us into the pits for our impropriety as well!"

"Old lady talk!" he scoffed.

"Old lady talk, is it?" she laughed hard like a man. She threw a tortilla at him as he moved out the door of the rush wickiup. "All you men think about is your bellies and your romances! Just you wait and see!" she said darkly to the vacant doorway and room, "Funda won't put up with this foolishness much longer!"

As if in response to her words, there was a small tremor, hardly noticeable unless you were in the quiet as she was.

"There now!" she said.

Everyone knew she was a queer old lady, but no one even suspected that she talked to Funda. She smiled and thought about her awful dreams.

There was one where everyone in the village hid in caves cut into the rock with covers over them. Everyone save the sacrifices. They howled away up the mountain at the gate.

She knew these caves had been used at one time because there was one at the bottom of her garden. She visualized people trembling in it. She'd heard once that someone had looked out (against the rules!) and saw some dark shapes flying in the air over the sacred mountain. They'd taken away the sacrifices. There was never anything but broken ropes. Not even blood. The steaming lava face down in the pit had nothing to say either.

As if to confirm her dreaming, there was a small explosion up at the top of the mountain, a shower of sparks. Was it beginning? No, a voice told her. It was only a warning. She went out to tell the women down by the washing pool.

"But what are we doing wrong?" some asked, wide-eyed in fear.

One of the strong young women laughed derisively, "You silly women! Mountains don't speak to people!"

Her mother glared at her and hissed, "Quiet, girl or I'll take a stick to your behind! Stop insulting the gods!"

The girl blushed in embarrassment, weakly apologized and ran off in confusion.

Tictog was talking to Chief Rangalompag when the earth began to tremble and a wickiup in the centre of the village collapsed. There was no one in it at the time, but when the woman came back from the washing pool she began to wail and shriek as if she was being beaten.

"She is poor!" Tictog said, "We'd better get her some help! She has no man!"

"But Funda disapproves of her living alone!" Chief Rangalompag said. "Why not send her to someone else's house?"

"Who?" asked Tictog. "I don't have any room in mine and neither have you!"

There was another explosion from Funda. A cascade of hot lava sparks shot up into the air a hundred feet. The smoke was dark black.

"Well, maybe I can squeeze her in somewhere!" Tictog said, "I can build a lean-to!"

There was an answering murmur of satisfaction from Funda, as the volcano began to purr again like a big sleeping cat.

"There now!" said his sister, with the new lady boarder in tow, pleased as can be to have the company, "Do you still think Funda doesn't have ideas of his own?"

"No, sister!" the abashed Tictog said, "Obviously Funda knows his own mind very well! Would that I could be half so definite most of the time!"

\*\*\*\*\*

### PROSPECTIVE MENU FOR 1998

#### CHAMPAGNE-FRUIT COCKTAIL(Cazuela en Champana- Chile)

$\frac{1}{2}$ cup chopped fresh pineapple	$\frac{3}{4}$ cup cognac
1 orange, peeled and sliced	1 bottle champagne, well chilled
$\frac{1}{2}$ cup strawberries	
3 tablespoons sugar	

Chop together the pineapple, orange, and berries until very fine. Sprinkle with the sugar and pour the cognac over the mixture. Chill for at least 1 hour. Divide the mixture among 6 chilled champagne glasses. Fill with the champagne and serve immediately.

#### SHRIMP IN WINE SAUCE(Scampi nella Salsa di Vino- Italy)

2 pounds shrimp, shelled and cleaned	1 teaspoon salt
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup olive oil	Dash of cayenne pepper
$\frac{1}{2}$ cup dry white wine	1 tablespoon chopped parsley
2 tablespoons tomato paste	1 scallion(green onion),chopped
4 tablespoons warm water	2 teaspoons lemon juice

Wash and drain the shrimp. Roll them in the flour. Heat the olive oil in a skillet. Add the shrimp and brown on both sides. Drain the oil but reserve it. Add the wine to the shrimp and cook over low heat until the wine is absorbed. Combine the reserved olive oil, tomato paste, water, salt, pepper, and cayenne pepper in a saucepan. Cook over low heat for 5 minutes. Remove the pan, add the lemon juice and serve.

#### NUT TART(Torta di Noci-Italy)

$\frac{1}{2}$ cups ground walnuts
$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup unsweetened cocoa
4 egg yolks, beaten
1 teaspoon vanilla extract
1 teaspoon grated lemon rind
4 egg whites
2 tablespoons bread crumbs

Combine the walnuts, sugar and cocoa in a bowl. Gradually heat the egg yolks, beating well. Add vanilla extract & lemon rind and mix well. Oven 350 degrees. Beat egg whites until stiff but not dry and fold them into the mixture carefully. Butter a 9 inch glass baking dish and dust with bread crumbs. Bake in 350 degree oven for 30 minutes or until cake tester comes out clean.

## TIME

Shadows of the past, still reflect in my eyes,  
 Memories still keep me awake at night,  
 Tears wash the sorrow from my heart,  
 But, only when we are apart am i alone,  
 Loneliness being the loss of touch and feel of you,  
 Waiting, yes we are waiting, but not much longer,  
 For the world only goes around so long,  
 Then we must get off, and be on our own,  
 For all the tears, pain and sorrow in our life,  
 Cannot erase the happiness that we had together,  
 So no matter what goes on with me or you,  
 I just want to say I LOVE YOU::::::::::::P.F.

## TAKE A SMILE

Take a smile and put it on,  
 You'll find your heart full of song,  
 Take a smile and let it shine,  
 Tell my eyes that you are mine,  
 Take a smile and turn it down,  
 But don't let it become a frown,  
 Take a smile and give one away,  
 You'll be a better person today:  
 P\*F\*...

## AGE OF INDIFFERENCE

Being lonely doesn't make a man old, just cold,  
 Being angry at a love doesn't work,  
 Being indifferent makes one a fool,  
 But all of this is better than being a tool.

Being by oneself is useless,  
 Being with another is joy,  
 Being together brings a smile,  
 But, being in jail kills a man inside.

If people really cared, we'd be happy,  
 If people would share, we'd be brothers,  
 If people would laugh, it would ease the pain,  
 But the song remains the same....

## My Dreamland was a Nightmare by Joseph Leger

I first got a glimpse in a magazine  
And that was the vision of my dream.  
To everything there is a season  
Visiting that land I had many a reason.  
Spending my spare time as a guide at home,  
A Canadian tourist was never alone.  
Tell me about Canada I would always say.  
It is a beautiful land to visit and stay.  
Is it true that snow is some type of rain?  
With a smile on their faces they would always explain.  
Come to the land of opportunity I am often told  
It's one of the most beautiful in the world.  
For someone like you there are many an opportunity  
To further your education, you have a choice of university  
If you have the ambition there is always a task.  
Saving every penny to make that trip,  
Everything seemed so seemingly fit  
Anxious to work even day and night.  
A visit to my dreamland seemed way out of sight  
Everyone from there is so human and kind  
But my future and education was all in my mind  
Working harder and harder with very little pain.  
That great day of travel finally came  
It was a bright sunny day when I left.  
Had never been on a plane, I was a little bit deaf  
As the plane approached the land of my dream  
Just like a postcard at Christmas time.  
Reality was playing tricks on my mind  
Down and down as the plane touched the runway,  
Biting my fingers I thought I was here to stay.  
But to my surprise--I had no invitation  
Seizing my passport and my life long earnings.  
Like a little boy lost I found myself crying  
You've got to go back the grumpy officer said.  
With a lancing pain in my heart, for a moment I felt dead.  
Taken by a policeman I was escorted to jail  
With not even the courtesy of having bail,  
Put in a room like cattle in a shed  
I would've been better off on the old farm instead.  
Meeting professionals of Canadian crime  
Canadian hospitality just poisoned my mind.  
Hungry and starving I was offered a meal  
When the prison guard told me I could appeal  
The horror of my life lingered on and on.  
As my nerves and pride were torn to the ground  
Praying to the heavenly father to take me away  
To everything there is a sin--what a price to pay.  
At last the day came when I had to go  
And beautiful Canada I never was to know  
With not even a souvenir, to take back with me  
I felt like someone who had been lost at sea  
Escorted to the plane and into the air  
I had just awakened from my own nightmare.  
What a dream.....

## THE ECSTASY OF YOU by Joseph Leger

The comets race through  
 The galaxy of my mind  
 Burning !! Burning !! in passion,  
 Punished by the ecstasy  
 Of you.

Enthralled, as the flame  
 Embraces my heart.

O!

Goddess-----Dawn of love  
 Have mercy on this  
 Begotten man

Have pity. Do you know?  
 You are my radiant  
 Pain of celestial  
 Purity.

So my queen, ride with  
 me. Through the cosmos  
 Of our counterglow  
 In rapturous vestal  
 Embrace the shaft of enrapturing.  
 And it is my symbol of  
 Ultimate love to you...

I BELIEVE IN ME by Gary Isom, Hoomana Journal  
 Hoomana School, University of Hawaii,  
 2109 Kamehameha Hwy.,  
 Honolulu, Hawaii, 96819.

I believe in me and where I'm going,  
 I believe in me and the love I'm showing.  
 I believe in me and what I can do,  
 I believe in me and the truths I say to you.

I believe in me and the ability to love one and all,  
 I believe in me enough to hold my head high and stand tall.  
 I believe in me and the ability to share,  
 I believe in me enough to care.

I believe in me and standing up for what is right,  
 I believe in me enough to say I'm sorry and walk from a fight.  
 I believe in me enough to give,  
 I believe in me enough to let the other man live.

I believe in me enough to forgive you,  
 I believe in me and I want you to believe in yourself, too.  
 I believe in me is the greatest I can do,  
 I believe in me and yet I love you very much, too..



"You'll have to come down to the station  
and swear out a formal complaint!"



"You'll never get anywhere with that classical  
stuff! The real money is in rock 'n roll!"

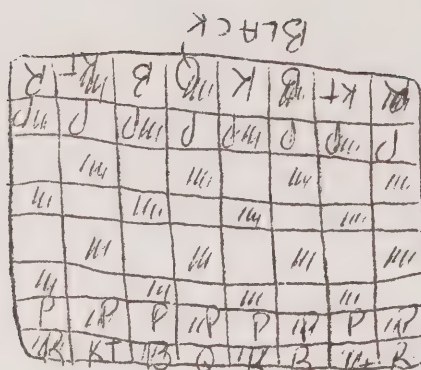


Diagram 1

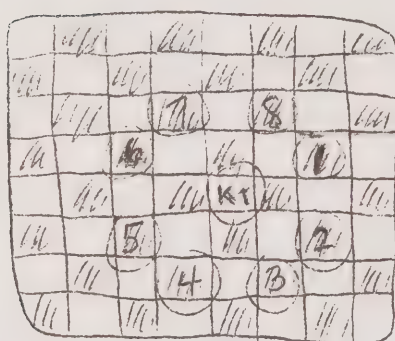


Diagram 2

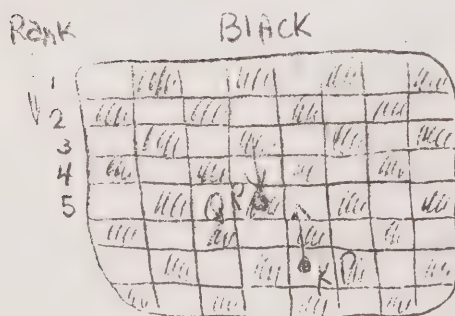


Diagram 3

### Rules of Chess

**The Men :** Each player commences with 16 men, 8 "pieces" and 8 "pawns," which are called White and Black after the color of their man. (The colors of sets may vary, but the lighter men are always termed "White" and the darker "Black.") In setting up the board, a white square should be at each player's extreme right-hand side. The White men shown on the bottom row of Diagram 1 are, left to right: rook(or castle), knight, bishop, queen, king, bishop, knight and rook. The 8 men on the row above are pawns. The Black men on the opposite side of the board are identical in position with the White men with the exception of king and queen which are directly opposite their White counterparts; a rule of thumb is that each queen begins the game on its own color square.

Each of the 6 types of men has powers peculiar to itself.

The rook may move any open distance along a file( a vertical row of squares) or a rank (a horizontal row).

The bishop may move any open distance along a diagonal.

The queen combines the powers of rook and bishop and thus may move any open distance along a file, a rank, or a diagonal.

The king may move in any direction but only one square at a time.

None of the above pieces(rook, bishop, queen, king) can jump over or displace any man of the same color; nor may these pieces jump over any man of the opposing color. They may, however, by displacing, capture any enemy piece except the king, which, as we shall see, can never be captured.

The knight move is peculiar to chess and may roughly be described as L-shaped--a leap to the nearest square of opposite color, not adjacent( see Diagram 2). Its leap, unlike

the moves of the other men, cannot be obstructed by intervening men. Thus, the knight is the only piece which can be moved from the initial position before any pawns have been moved.

The pawn may move forward only and must stay on its original file except when capturing. For its first move, it may advance one square or two, at the option of the player, but thereafter only one square at a time. If it reaches the further edge of the board(the player's 8th rank, the adversary's 1st rank), it is "promoted," i.e., it is replaced by a queen, rook, bishop, or knight of the same color before any other move

can be made. The usual choice is a queen, the most powerful pieces; hence promotion is commonly called "queening." A new queen may be so made even though the player's original queen is still on the board. Capture: Capture of an adverse man is executed, not by jumping as in checkers, but by displacing the captured man by the captor on the same square and removing the captured man from the board. Any piece may capture an adverse man that stands within the legal range of the piece. A pawn may not capture with its normal move but, instead, may capture any adverse man on either adjacent square diagonally in front of it. A pawn is blocked by any man directly in front of it unless it can shift to an adjacent file by capturing another (adverse) man.

Adverse pawns, advancing on adjacent files, must normally at some time be subject to capture by each other. Since the initial two-square move of a pawn could otherwise evade such a capture, a special rule called capturing en passant( in passing), permits the normal capture. Thus, when a player has a pawn on his 5th rank and an adverse pawn on an adjacent file goes by on a two-square "double jump," the player's own pawn can capture en passant, i.e., as though the adverse pawn had moved one square only(See Diagram 3). The right of such capture, however, exists only on the player's next turn to play; he must make the capture then or not at all.

Castling: Castling is a special move that may be made, if at all, once by each player in a game. It is a combination move by the king and one rook, executed by moving the king two squares toward the rook and then the rook to the square jumped over by the king. Castling with a rook on the queen's side of the board is called castling queen-side(or castling long) and, on the other side, is called castling king-side(or castling short). The move is legal only under the following conditions: the squares on the rank between king and rook must be vacant; neither piece can have moved earlier( a rook "promoted" from a pawn is ineligible); the king must not be under direct attack nor moved onto or over a square under direct attack by an enemy man.

#### Method of Play:

To begin a game, White moves first, then Black, and the players continue to move alternately. The objective is to ensure the capture of the adverse king; but various advantages such as the capture of enemy men may have to be gained before that objective can be accomplished.

A direct attack on an adverse king is called a "check," once proclaimed vocally by rule but now only by custom or not at all. A check must be answered by the move in reply: moving the king, interposing another man, or capturing the attacking man. When the check cannot be answered and the king thus must be captured, it is a "checkmate," and the game is won by the attacking player.

As a player cannot legally place his king in check, if he is on the move but has no move that does not put his king in check, it is called a "stalemate," and the game ends as a draw. A draw may be declared by agreement between the two players and ought to be agreed upon when neither has sufficient men left to force a checkmate. A player can also claim a draw if he demonstrates that he can check the adverse king incessantly ("perpetual check"). When it is his turn to move, he can claim a draw if he can prove that at least 50 moves have been made by each side without a man having been captured or a pawn moved( the count starts over if a capture or a pawn move is then made). However, there are exceptional positions in which the "to move rule" does not apply, e.g., some positions with two knights and king against one pawn and king are known to yield mate only after more than 50 moves. The player is then allowed twice

the number of moves theoretically necessary to try to complete the mate. On a player's turn to move, he can also claim a draw if precisely the same position recurs for the 3rd time( "triple repetition") and he makes his claim before any further move is made. He can also make the same claim if, by his next move, he can create such a position for the 3rd time and announces his claim before making the move.

Conventional Notations : K(king), Q(queen), R(rook or castle), B(bishop), P(pawn), and N(knight). Sometimes Kt and S for knight(German: springer= knight). QRL-Queen's Rook on 1st rank; KB4 for White: 4th rank away on the KB file.

CHAMPIONSHIP GAME(Robert J. Fischer(Black) against Donald Byrne in Rosenwald Tournament, New York, 1956 when Bobby was 13 years old; it was hailed as the "Game of the Century" by Chess Review in an article written by Hans Kmoch.

<u>White</u>		<u>Black</u>	<u>White</u>		<u>Black</u>
N-KB3	1	N-KB3	K-B1	22	N-B6
P-QB4	2	P-KN3	K-N1	23	P x B
(White uses Reti Opening)			Q-N4	24	R-R5
N-B3	3	B-N2	Q x P	25	N x R
P-Q4	4	O-O	P-KR3	26	R x P
B-B4	5	P-Q4	K-R2	27	N x P
(Black: hypermodern defence of Ernst Grunfeld)			R-K1	28	R x R
Q-N3	6	P x P	Q-Q8	29	B-B1
Q x BP	7	P-B3	N x R	30	B-Q4
P-K4	8	QN-Q2	N-B3	31	N-K5
R-Q1	9	N-N3	Q-N8	32	P-QN4
Q-B5	10	B-N5	P-R4	33	P-R4
B-KN5	11	N-R5	N-K5	34	K-N2
Q-R3	12	N x N	K-N1	35	B-B4
P x N	13	N x P	K-B1	36	N-N6
B x P	14	Q-N3	K-K1	37	B-N5
B-B4	15	Nx QBP	K-Q1	38	B-N6
B-B5	16	KR-K1	K-B1	39	N-K7
K-B1	17	B-K3	K-N1	40	N-B6
B x Q	18	B x B	K-B1	41	R-B7 mate
K-N1	19	N-K7			
K-B1	20	N x P			
K-N1	21	N-K7			

## HELPING EVERYONE WITH EVERYTHING by Gord Connors

All the kids on the block stood watching eight year old Cissy Den, who was the center of attention as the final adjustment was being made on the ropes for her new swing. As a member of Reston Virginia's Useful Services Exchange(USE), Cissy had earned and paid for this installation all by herself and without money. The work was being done by Gil Coshland, a neighbor who happens to be an airline pilot, off duty on this particular day. For his help, Gil in turn was using one hour of USE credit.

Cissy had offered as her service "to read to small children." She had therefore earned the USE credit to be able to "cash in" without using cash and get her new swing installed by someone in the community.

There is also Prudence Herrick, a most active USE member. She is a local artist who, at 79, works regularly at the local art gallery. Through USE, she has custom-designed recipe cards with gourmet illustrations. This, of course, was done for another USE member. She has designed letter-heads and made posters. In exchange for her talents she is receiving rides.

USE members are of all ages from all walks of life. Some people join USE to save money or to receive person-to-person services, often not available even for money. How else could you repay a neighbor to take care of the kids for a weekend? Get someone to let the repairman into your house during the day while you're at work. Or have a knowledgeable person go with you when you are shopping for a new car or a new decor for your apartment?

The USE concept is simple and basic. It is the pool, bank, or clearing house idea applied to the age-old principle of barter.

USE in Reston has been operating from the beginning with donated office space, free weekly newspaper, publicity, free duplicating plus close co-operation with major social organizations interested in community service. Office workers in the USE office are paid in hours of USE credit.

During the year and a half it has been in operation, the Useful Service Exchange has chalked up several thousand hours of neighbor-to-neighbor service. Over 300 services are offered.

Most of the transactions have taken only an hour or two. Since these transactions between members incur moral rather than financial obligations, the ongoing operation of USE is handled simply, with coupons, order blanks, work reports, signed commitments, or other extensive paperwork. And since it is to everyone's interest to play ball, everyone does. Such commitments really do help everyone, with everything....

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Centre of Criminology Library,  
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